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# THE HIGHER VITAPATHY. 7

*SPECIAL LESSONS FOR VITAPATHIC  
GRADUATES ONLY*

Who fully practice Vitapathy in NAME and NATURE.

THE CLIMAX OF DISCOVERY, INVENTION, AND POWER.

THE INMOST SECRETS OF NATURE REVEALED  
THROUGH  
RELIGION, SCIENCE, AND PHILOSOPHY,  
ALL CULMINATING IN  
*A GRAND UNIVERSAL SYSTEM*

OF  
HEALTH, LIFE, AND IMMORTALITY,  
FOR  
Curing the Body, Enlightening the Soul, and Saving both  
alive together,

By PROF. JOHN BUNYAN CAMPBELL, M. D., V. D., D. D.

*Author and Founder of the Vitapathic System,*

AND  
*President of the American Health College and Vital Sanitarium,*

FAIRMOUNT, CINCINNATI, OHIO.

No Physician or Minister can afford to be without this  
KNOWLEDGE AND POWER.

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## PROCLAMATION.

**To Ministers, Physicians, Teachers, and the People,**

**And all who wish to engage in the great work of Curing Disease, Mitigating earthy Woes, Prolonging Human Life, Preventing Sickness, Pain and Death, and making this world a Paradise, is now offered The Vitapathic System, which is proving a complete success.**

I have spent a long life time in preparing it at enormous expense, and yet I have been but the instrument of HIGHER POWER to give to the world this great System of HEALTH and LIFE, that Cures the Body, Exalts the Soul, and Preserves both Alive together; and that our labors have been a success results abundantly show. To fully teach this great Vita System we have written and published it in our ENCYCLOPEDIA OF NATURE AND FULL VITAPATHIC PRACTICE, including correct Diagnosis, Safe Surgery, and Easy Parturition; and have added another Book of Valuable Formulas, Recipes, and Special Modes of Treatment for difficult Malignant Diseases, Epidemics, and Pestilence, thus reaching all and curing all.

Hundreds of good men and women have learned the System and are now healing all manner of diseases with complete success, and the demand is great for more VITAPATHIC PHYSICIANS; and further, to benefit all, we have published, "VITAPATHY FOR THE PEOPLE," in a large book, which all can procure. And now, to carry the work higher, and to benefit the soul as well as the body, we have written and published, "THE HIGHER VITAPATHY," instructing and qualifying our students to be Ministers for the Soul as well as Physicians for the Body, thus fully benefitting both. For the ampleness of the lessons see Title Page and Contents of "The Higher Vitapathy." The American Health College is Chartered expressly to Educate, Diplomate, and Ordain its fully competent Graduates with full Authority to Preach and Practice VITA-PATHY in all the world.

All further information cheerfully given. We remain, yours in Love, Wisdom, and Power.

Address, with stamp, for answer,

PROF. J. B. CAMPBELL,

*American Health College,*

FAIRMOUNT, CINCINNATI, O.

# HIGHER LESSONS IN VITAPATHY

FOR ITS GRADUATES ONLY.

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In presenting to you, my Brothers and Sisters of the New Dispensation, these Higher Lessons in Vitapathy, I do so with courage and hope that you will receive them in the same sincere and exalted condition of spirit in which they are given, and that you will profit by them and practice them, and make them a blessing to mankind, and hand them down unsullied to future generations, and that their benefits may be felt throughout eternity.

Having studied the principles of Vitapathy—in its Philosophy, Science, Religion, and Morality—and its general practice, as heretofore taught, you are ready now for these higher lessons in wisdom and power which will enable you more fully to understand and practice the higher Vitapathy.

Understanding, then, what spirit is and what matter is, and that their union produces all life and all degrees of life and being, motion, sensation, instinct, intelligence, and immortality. And you understand now that spirit, which is the vitalizing agent that prevents all sickness, cures all disease, and preserves all life, can be employed through matter, animate and inanimate, to accomplish all that is needed to be done for life, health, and immortality; and understand, too, that the employment of universal Vital Spirit, to do everything through the power of spirit, is the

Gift: Mrs. C. N. Hoar 2-6-56

religious part of the Vitapathic system, and is the  
HIGHEST RELIGION.

The employment of spiritually vitalized refined Matter and Nutritive Food Substances, by all methods and appliances, is the scientific part of the Vitapathic system, and is the

HIGHEST SCIENCE.

And that both parts united make the complete Vitapathic system—full of life, power, and immortality. Bear in mind, also, that no material substance can be nutritious or curative only as it has vital spirit in it. Matter is only the conductor of spirit, and the finer the matter and the more spirit it contains the more curative it is. Spirit can act *some* through mineral matter, more through vegetable matter, and still more through animal matter, and most of all through fine and *refined* human matter in the living human being. Thus we can employ vital spirit through spirit-vitalized food and nutritive substances—vitalized by our new processes—and make them very curative for diseases.

We can employ vital spirit through water and drinks, and through air, in its natural vital condition, by breathing it, as we have taught in the *ENCYCLOPEDIA OF NATURE*; and we employ vital spirit in air by collecting and condensing it in air, by concentrating it into food, drinks, etc.; and by condensing it directly into the patient by our special means and methods of spirit inhalation. And this same spirit inhalation, practiced by both, benefits both physician and patient.

We can also employ spirit direct from sunshine by condensing it into any substance and into any person that we wish to vitalize.

We can employ vital spirit through heat to vitalize food, drink, and patients.



We can employ vital spirit through light and colors both to curative substances and to patients.

We can employ vital spirit to cure disease in the most varied and thorough manner, by our newly improved Little Giant Galvanic Electro-Magnetic twelve-current Vitalizer, both in food and drinks, and by other curative methods; and also directly to the patient, by some of its many currents, to suit any special case.

We can employ vital spirit in a wonderfully curative manner by our patent improved Electro-Magnetic Vital Warm-Air Bath, which will be fully explained in succeeding lessons.

We can employ purer spirit through more spiritual and intellectual means—thus curing the body, instructing, purifying and exalting the soul, and preparing both for a better condition of human life.

We can employ vital spirit through the human body, and through the brain and nervous system, and through eyes and voice, and through *handled* magnetized substances which can be taken as food or drink, or by external application. And spirit-vitality can be employed still better by the “Laying on of Hands,” by its positive and negative principles of application, as employed by the skilled and devoted Vitapathic physician in what is known as human magnetism.

And last, but not least, the union of the highest vital spirit with the finest living-matter in the human being, producing ever-living VITA, is the highest power and the culminated result of all spirit and all matter, and ultimating in the complete human being—the highest of all beings—and to which exalted state of holiness, wisdom, and power all good Vitapaths may attain.

## THE NUTRIMENT IN FOOD.

### *A Comparison of the Degrees of Nourishment in Different Articles of Diet.*

Some kinds of food are more nutritious than others, and if it should be found that articles which are cheapest have the most nutriment and give the highest ability to labor, then knowledge becomes money to the poor. Tables vary, but some of the general results are as follows: One pound of rice, prepared for the table, gives 88 per cent. of nutriment, and, consequently, a relatively proportional ability to labor compared with other articles of food. A pound of beef, costing fifteen cents, gives only 25 per cent. of nutriment. Yet countless numbers of the poor strain a point daily to purchase beef at fifteen cents a pound, when they could get a pound of rice for one-third of the amount, the rice, too, having three times as much nutriment as beef, making a practical difference of 800 per cent., aside from the fact that boiled rice is three times easier of digestion than roast beef, the rice being digested in about one hour, roast beef requiring three hours and a half. There is meaning, then, in the reputed fact that two-fifths of the human family live on rice.

The following statistics are practically and permanently useful, and show the percentage of nutriment each article affords:

	Per cent.		Per cent.
Oils, raw, -----	95	Beef, raw, -----	26
Peas, boiled, -----	93	Poultry, roast, -----	26
Barley, boiled, -----	92	Pork, roast, -----	24
Corn-bread, baked, -----	91	Veal, fried, -----	24
Wheat-bread, baked, -----	90	Venison, broiled, -----	22
Rice, boiled, -----	87	Codfish, boiled, -----	21
Beans, boiled, -----	88	Eggs, whipped, -----	13
Rye-bread, baked, -----	79	Apples, raw, -----	10
Oat-meal porridge, -----	74	Milk, raw, -----	7
Mutton, boiled, -----	30	Turnips, boiled, -----	4
Plums, raw, -----	29	Melons, raw, -----	3
Grapes, raw, -----	27	Cucumbers, raw, -----	2

## THE VITAPATHIC VITAL MATERIA MEDICA AND ITS PROCESSES OF PREPARATION AND VITALIZATION.

As the Vitapathic vital remedies commence with food and general nutritious substances, and as we employ them, as well as all our remedies and vital methods of treatment, "positively and negatively," we will now give positive and negative lists of such food curatives as we use, and also give their digestibility.

### POSITIVE FOOD (digests but slowly).

Articles.	Time to digest.
Sausage-----	5½ hours.
Pork-----	4½ "
Beef-----	3½ "
Butter-----	3½ "
Lard-----	4 "
Mutton-----	3 "
Lamb-----	2½ "
Veal-----	3½ "
Turkey-----	3 "
Duck-----	4 "
Goose-----	2½ "
Fowls-----	3½ "
Eggs-----	3 "
Custard-----	2½ "
Fat Fish-----	3 "
Beans-----	2½ "
Potatoes-----	3 "
Cheese-----	3 "
Wheat Bread-----	3½ "
Corn Bread-----	3 "
Oatmeal, boiled,-----	3 "

All nuts are positive, and digest slowly. Mustard, pepper, and all spices are positive, and digest slowly. There are many more kinds of food which will be mentioned in special cases.

Many roots, barks and leaves are nutritious, and can be used as food and to cure some diseases, which will be mentioned in the food treatment of disease.

Positive vital sugar is made as follows: Powdered loaf sugar, one pound; cinnamon oil, two drachms; oil of pennyroyal, one drachm. Mixed well with a silver spoon held in the right hand. Use one teaspoonful to a cup of tea or coffee, or sanative tea or milk or water, at each meal.

#### NEGATIVE FOODS (digest more quickly).

Articles.	Time to digest.
Milk -----	2 hours.
Mush and Milk -----	2½ "
Oysters, raw -----	2½ "
Beef Liver -----	1½ "
Sago -----	1½ "
Rice -----	1¼ "
Tapioca -----	1 "
Tripe -----	1½ "
Trout -----	1½ "
Sweet Apples -----	1½ "
Cabbage, raw -----	1½ "
Cabbage, warmed in vinegar -----	1 "
Venison -----	1½ "

There are many other negative foods and negative substances which will be mentioned in the negative food treatment of disease.

Negative sugar is made of one pound of cream of tartar and one ounce of salicylic acid, well mixed with a silver spoon held in the left hand. A half teaspoonful may be taken at meals in tea, etc.; but in small pox, measles, scarlet fever, and diphtheria, a half teaspoonful may be given every hour.

## ANALYSIS OF FOOD.

All food should contain elements bearing a true ratio to the chemical constituents of the human body, modified by the temperature of the weather and the character of the employment.

	Phosphorus for Brain	Nitrogen for Muscle.	Carbon for Heat and Fat.	Waste.	Water or Oxygen.
<b>MEATS—</b>					
Beef.....	2	19	14	—	65
Venison.....	3	20	8	—	69
Mutton.....	2	21	14	—	63
Chicken.....	3	21	2	—	74
Pigeon.....	3	23	2	—	72
Bacon.....	$\frac{1}{2}$	$8\frac{1}{4}$	62	—	29
<b>FISH—</b>					
Salmon.....	7	20	1	—	72
Smelt.....	6	17	1	—	76
Lobster.....	5	14	0	—	81
Herring.....	5	18	4	—	73
Halibut.....	3	18	1	—	78
Eel.....	4	17	4	—	75
Trout.....	4	17	1	—	78
Cod Fish.....	2	17	1	—	80
White Fish.....	3	16	10	—	71
Mackerel.....	2	18	5	—	75
Oysters.....	$\frac{1}{4}$	12	0	—	$87\frac{3}{4}$
Clams.....	2	12	2	—	74
<b>CEREALS OR GRAINS—</b>					
Wheat.....	2	15	67	4	12
Rye.....	2	13	73	2	10
Oats.....	3	17	51	16	13
Barley.....	4	12	52	18	14
Beans.....	4	24	40	17	15
Peas.....	3	26	41	16	14
Northern Corn.....	1	12	68	5	14
Southern Corn.....	4	34	40	10	12
Buckwheat.....	$1\frac{1}{2}$	8	60	20	$10\frac{1}{2}$
Rice.....	$\frac{1}{2}$	$5\frac{1}{2}$	78	3	13
<b>VEGETABLES—</b>					
Potatoes.....	1	1	16	8	74
Potatoes, sweet.....	3	2	22	6	67
Onions.....	$\frac{1}{2}$	$\frac{1}{2}$	5	0	94
Cabbage.....	$\frac{1}{2}$	1	6	$\frac{1}{2}$	92
Asparagus.....	$\frac{1}{2}$	$\frac{1}{2}$	5	0	94
Cucumbers.....	$\frac{1}{2}$	0	2	$4\frac{1}{2}$	93
<b>FRUITS—</b>					
Apples.....	1	5	10	4	80
Pears.....	0	0	10	4	86
Currents.....	$\frac{1}{2}$	1	7	$10\frac{2}{3}$	81
Cherries.....	1	1	21	7	70
Figs.....	3	5	58	16	18
Prunes.....	3	4	20	9	64
<b>MISCELLANEOUS—</b>					
Human Milk.....	$\frac{1}{2}$	3	7	0	$89\frac{1}{2}$
Cow's Milk.....	1	5	8	0	86
Cream.....	0	$3\frac{1}{2}$	$4\frac{1}{2}$	0	92
Butter.....	0	0	100	0	00
Lard.....	0	0	100	0	00
Cheese.....	5	30	28	0	37
Yolk of Eggs.....	2	17	30	0	51
White of Eggs.....	3	13	00	0	84
Chocolate.....	2	9	88	1	00
Coffee.....	3	16	65	3	13
Tea.....	2	3	9	10	76

## ANALYSIS OF MAN.

Chemists exhibit the following result in the analysis of the human body, of 100 parts:

2 per cent. of Phosphorus for Brain and Nerves.			
16	"	"	Nitrogen for Muscle.
12	"	"	Carbon for Heat and Fat.
70	"	"	Oxygen or Water.

When any part of the above is lacking it should be added; or, if too much, it should be removed or counteracted.

## POSITIVE DRINKS.

Tea, coffee, cocoa, chocolate, coca, Paraguay tea, Damiana, corn tassel, and all grain drinks, etc., etc., and ginger and all spice drinks, are positive, and tone up and give strength, and may be taken in negative diseases.

## NEGATIVE DRINKS.

Cold water, milk, cider, sanative tea, lemonade, buttermilk, vinegar, etc., etc., are all negative drinks, and may be used in positive diseases.

Water is the natural drink, and if taken cold is quit negative, and quarts of it may be drank, during the afternoon and evening, in high positive fevers. Hot water is more positive for the heat that is in it, and may be drank in large quantities in colds and low fevers, and to induce perspiration in any case. All water, though drank cold, would be better to be boiled first.

## SELECTION OF FOOD AND DRINK REMEDIES.

Whatever food, or drink, or curative remedy is used must always be selected on its positive or negative quality. Let this be the true guide; always select the positive substance for use in negative persons with negative disease, and always select the negative substance for use in the posi-



tive person with positive disease. Positive substances can be made more positive in effect by taking them while they are hot. Negative substances can be made more negative in their action by taking them cold.

All meat foods (and especially fish) should be thoroughly cooked; all vegetables should be well cooked; all ground grain foods should be mildly cooked; all whole grains should be well cooked; all fruit foods need but little cooking, and some may be eaten raw. Cabbage, radishes, celery, cucumbers, and melons, should be eaten raw, if at all, and only then as negative remedies in positive diseases. Cabbage is a very negative substance and can be made more negative and more digestible by adding vinegar to it.

#### COOK BOOKS.

A great many cook books have been written, but they are of but little use in a curative sense, as they do not classify the positive or negative foods, nor describe which is proper in positive disease, or which is proper in negative disease.

Food, drinks, etc., may be made to do good or to do harm, accordingly as proper or improper selections of them are made, according to the temperament and disease of the patient. The old saying, and a true one is; "One man's meat is another man's poison." But with a proper selection of positive or negative food or drink (or any curative substance), according to the positive or negative temperament and disease of the patient, nearly all diseases can be quickly cured; remembering always to carefully read the temperament, and DEGREE of temperament, of the patient, and thereby ascertain his exact condition, and nature and extent of his disease, and then to administer

the POSITIVE remedies for NEGATIVE conditions, and have the positive remedies *very* positive, or *mildly* so, in accordance with the *intensity* or *mildness* of the negative temperament and disease of the patient; and so with all negative remedies, let them be *mild* or *active*, according to the *mildness* or *intensity* of the positive temperament and disease of the patient. Here is the secret of success with food remedies; it is to overcome opposites with opposites, and *that* according to the *intensity* or *mildness* of the temperamental and diseased condition of the patient. Right here is the first step in the science of cure. Even in health persons should not eat too much, and positives should eat mostly negative food, and in positive diseases. Positives could abstain from food for several meals with benefit, and especially in all inflammations and acute pains. Vegetable foods, drinks, and curative remedies may be made fresh from the roots, barks, or leaves, as they are given to the patient, or extracts from them may be used as suits best.

Special uses of special foods, drinks, etc., will be specially described and advised in the treatment of special diseases, in the lessons on practice.

Sanative tea is made mostly of Eucalyptus Globulus leaves, *coarsely* ground and mixed with 15 per cent. of flower buds of Cinnamon, *finely* ground and well mixed. Sanative tea is a good antiseptic and disease-preventing remedy, and should be made *weak* and drank every day at meals, instead of tea, or coffee, or other drinks.

#### POSITIVES AND NEGATIVES.

And now, while on the subject of positive and negative curative food substances, let me unfold more fully the greatest discovery ever made, and



reveal for the first time the best positive and negative food curatives ever yet known to science; and this discovery of positive and negative remedies belongs to Vitapathy, and is not yet known to any living being but myself, and to whom I will reveal it. It is known that many vegetables contain in the same plant both the positive and the negative, or, the male and the female principles; this is a natural condition and a natural fact. And here is the discovery and secret which I now for the first time reveal: It is found that this positive and negative—male and female—principle is found in our common corn plant, Indian maize. The corn plant is found to be a complete bi-sexual, or double sex plant, and has in itself both the male and female principles in different parts of the plant, with all the principles of life and pro-creation. This being a fact, it is easily to be seen and understood how vastly important the discovery. Now let us examine the corn plant; there is the tassel, with its positive male sexual organs, throwing off its semen or fecundating male element in the pollen; then there is the negative female sexual organs in the corn silk, protruding out from the end of the husk or ear of corn. The positive male pollen has to reach and copulate with the negative female silk before there can be any offspring or grains of corn. Having learned this fact, we have also ascertained that for the above reasons and conditions here we have the greatest positive and negative life-giving remedies ever known, or perhaps ever will be known, because here are the positive and negative principles of life itself; and we only have to employ them positively and negatively to cure positive and negative diseases of all kinds. And now how to employ them, that is the next secret. We simply have to cook them as food, or as drink, or

they may be made into extracts and preserved the year round, and be made into food or drink curatives as needed to be used.

The corn tassel should be gathered just before it sheds its pollen, and dried in the sunshine, and then put away in a *very* dry place until needed to be made into tea to be taken by the negative patient; or the cooked tassel may be eaten as greens, or may be made into extract and then taken in hot water as tea, and its tea is better to be sweetened with the positive sugar.

The corn silk should be gathered just before it receives the pollen from the tassel, and dried in the shade, and then may be used the same way as the tassel, that is, made into strong tea; as much of either may be taken at each meal as is common to take of tea or coffee, or much more may be taken, or the substance itself may be eaten.

Now to the diseases to which each is adapted. The corn tassel being nature's positive male sexual agent, will cure negative diseases and sexual weakness of both sexes, and is the great remedy for impotency. The corn silk being nature's negative female agent, will cure inflammations, cancers, catarrh, syphilis, gonorrhea, leucorrhea, and all positive sores of all kinds, and check too much sexual excitement, and cure masturbation in its early stages.

There are other vegetable substances that are both positive and negative in their compositions, but not separate as are the two products of the corn plant, but may be used without dividing for building up purposes as

#### SPECIAL NUTRITION.

The best among them is flax-seed, which is very nutritious and curative; it may be ground into

meal and mixed with other meal or flour and made into bread or cake, or mush or pudding, and eaten as food. Thin emaciated persons can fatten up nicely on flax-seed food, and it is very beneficial in consumption. Its oil is much better than cod liver oil in all consumptive diseases. Its meal and oil are also both good used by external application.

#### SPECIAL ANIMAL FOODS.

All fat meats, lard, butter, cheese, cream, and oils are positive, and may be used in negative diseases, such as wasting consumption, etc. Eggs are, as a whole, both positive and negative. That is, the yellow or yolk is carbon, and is therefore positive, and would be good food for negative persons with negative diseases, and should be well cooked and well stirred up and thickened with loaf sugar or our "Positive Vital Sugar," and then eaten with corn-bread or other positive food. The white of the egg is albumen or oxygen, and is good for positive persons with positive diseases, and should be thickened with cream-of-tartar or our "Negative Sugar," and eaten raw. Thus, by separating the parts of the egg and using each part in its proper place, we can make the egg a very valuable curative food—no drug medicine would do half as well, *and might do injury*. For general purposes of nutrition in healthy persons the whole egg may be *mildly* cooked and eaten together, and is good to build up the whole body. Liver, lean meat, and fish are negative foods, and are best to be eaten in positive diseases and for persons who are too fleshy. A mackerel diet is said to be good to reduce flesh.

#### SPECIAL VEGETABLE FOOD.

Apples and all raw fruits and cabbage, and all

cooling, watery vegetables, are negative, and are good in inflammations and fevers in positive persons; and for too fleshy persons all this class of negative vegetable foods may be eaten raw.

#### VITALIZATION.

While a proper selection and use of positive and negative foods and drinks are very curative when properly administered, according to the positive and negative principles of the Vitapathic system, and far excel all drug medication, they can be made much more vital and curative by being vitalized by some of the vitalizing processes of the Vitapathic system. And here is the main principle of Vitapathy: to vitalize all remedies and all patients by some of the vitalizing processes of the Vitapathic system. This is the distinguishing feature of Vitapathy and its sheet anchor of hope, and which gives the system its superiority over all other systems of practice. It vitalizes all its remedies and all its patients by its own peculiar processes, and does it either *positively* or *negatively*, as is required, according to the principles of Vitapathy. And it employs all kinds, and grades, and degrees, and methods of vitalization from vital air, heat, light, sunshine, electricity, magnetism, vital spirit, and "Vita;" so our system is properly called "VITA-PATHY."

#### METHODS OF VITALIZATION.

*First*—VITALIZING BY AIR.—All substances can be vitalized by passing pure air into and through them; by forcing and condensing pure air into them by bellows or pumps, and by forced breathing by patients into themselves.

*Second*—VITALIZING BY HEAT.—All substances can be vitalized by heat, by hot-air, and by fire-heat. Warm-air is very vitalizing to plants, ani-

mals and humans, and can be employed by sun-heat and by fire-heat in many ways. Heat is vitalizing to all food and drink substances. Negative persons and all with negative diseases, should take their drinks and food hot or at least warm. Indeed, all persons should do this way in cold weather, and all negative persons should keep themselves well warmed with fire-heat and warm food and drink and clothing, and all persons can do this with comfort and safety—"Heat is Life; Cold is Death." Warm clothing and warm rooms in winter are always right.

#### VITALIZING FOOD BY HEAT.

All foods and drinks can be better vitalized by heat by *covering* them while they are being heated, as that confines and condenses the vital heat into them. All pots and kettles and pans and skillets should be *covered* while anything is cooking in them; and all bread should be cooked in a tight covered vessel. And this brings us to notice our

#### SANATIVE COOKER

For baking bread, cakes, vegetables and meats, which may be made in any way most convenient to suit the purpose; for instance, a bread bake-pan, in which the bread is enclosed to be baked, can be made double and perfectly tight fitting, then all the heat and vitality is kept in, and it makes the best of bread; and all food can be cooked in the same way and much vitalized by heat. There is one other way that bread and all food can be vitalized by fire-heat, that is, by having the open or upper side of the bake-pan with the bread in held or placed close to the *open* fire so that the *direct* heat of the fire will come to or shine *directly* on it; bread, potatoes, meats, and other kinds of food can be much vitalized in this



way. With these plain directions any cook can vitalize and make food very healthy and curative. So every person can breathe vital air, and eat vitalized nutritive food and keep well.

BREATHE AND DRINK AND EAT TO LIVE,

This is the secret of good living, and the science of life. Nothing but the most wholesome drink and the most nutritious food should go into the stomach, and these should be well vitalized.

*Third*—VITALIZING BY LIGHT.—All can see how pale and sickly grass and all vegetation looks that have to grow in the shade or darkness; and all can see how pale and sickly all people look who have to live in darkness. But all light, even fire-light, will vitalize everything that lives and grows, and make it healthy; and sun-light is still more vitalizing and curative. Light should be applied to all things, to all foods, and to all persons, and especially to all negative patients. Give everything and all persons plenty of sunshine, and they will be vitalized into life and health. And this brings us to—

*Fourth*—VITALIZATION BY SUNSHINE.—And here I will give full directions to vitalize by this new and superior process. For this purpose I use a large properly ground magnetizing and concentrating glass lens, about three inches in diameter (even larger ones may be used), I then prepare my nutritive curative substance, either liquid or solid, as may be needed in any *particular* case; I then step out in the sunshine, holding the lens in my right hand and the thing to be vitalized in my left hand, *so that* the rays of the sun will focalize and concentrate on the thing to be vitalized, moving it about so that the *burning* ray will rest on every particular spot and part of the thing to

be vitalized for a few seconds. Thus thoroughly vitalizing every part of it and making it very curative. Any part of a patient's body can be vitalized in the same way, and any extraneous or malignant growth, cancer, etc., on any part of the body, can be *OVER vitalized* and *burnt* out by this process, and much good can be done by the power of sunshine through this wonderful lens.

These lenses may be painted or stained any color desired, or they may be covered with any colored lawn that may be thought most suitable for the time being.

#### SUNSHINE THROUGH COLORS.

The sun shining through the glass window may be made more or less positive, according to the color of the glass through which it shines. The glass may be painted or stained any color, or may be covered by hanging before it any colored shade desired. The shade may be made of lawn or any thin goods—the thinner the shade the more positive will be the sunshine that comes through it. Thus red and yellow colored shades may be thin; but blue and black shades, that produce a more negative effect, may be quite thick or double.

#### LAMP-SHADES

May be arranged in the same way, and thus produce any grade or shade of lamp light that may be required. Blue shade makes a very soft magnetic light and a sleep-producing effect, and is best to be used in the evening and at night by persons who cannot sleep well. By letting the blue light shine on them they will go to sleep much quicker than they would without it.

#### DOUBLE SUN-SHADE.

The sunshine, as it comes through a glass win-

dow, may be double shaded, or shaded with different colors at different parts of the window, so as to affect different parts of the patient's body differently to suit different parts, as conditions require. The head of the patient had better have the blue color to shine on it, and other parts of the body have any other color shine on it that the case may require.

#### EFFECT OF COLORS.

Red color stimulates and excites, and increases life; yellow color increases action of the stomach and bowels; blue color soothes and quiets, and assists sleep; black color checks action and deadens. The patient should sit *close* to the *tight closed window* in the colored sunshine.

The sun shining through these colors into water or any liquid, or into powders or any substance, will produce the effect of that color on them, and they, taken internally by the patient, will produce the effect of those colors on the patient.

The water or anything desired to be vitalized by the colored rays of the sun, should be placed close to the window, or on the window-sill, and may remain there for several hours, the vessel holding it may be occasionally turned around and moved so as to get the fullest power of the sun; then the vitalized liquid may be put in bottles of the same color as the colored rays were, or a common glass bottle may be used, covered and well wrapped in cloth or paper of the same color as was the color of the ray used to vitalize it, and thus the vital power will be kept in till the liquid is used up, a small or a large drink of this vitalized water may be taken any hour of the day or night as needed; other liquids should be taken *less* in quantity according to their nature and strength. Simple pow-



ders, such as sugar, or sugar of milk, cream of tartar, or slippery elm bark, or any dry powder, can be vitalized by the colored rays in the same way as liquids, only the vessel holding them in the colored rays should be an open glass vessel and set in the window, and vitalized same as directed for the liquids; and put into glass bottles, or jars, corked tight and wrapped with colored paper to suit, that is, to correspond with the color of the window-shade and of the sun-ray used. A teaspoonful of this vitalized sugar, or sugar of milk, or cream of tartar, or powdered slippery elm bark, would be a good size dose. Oils, syrups, molasses, honey, butter, cream, lard, salves, wax, cheese, bread, meat, and all kinds of food, can be vitalized in this way; and by using the colored shade needed can be made to suit any special case. And in this way the sick can be cured by eating vitalized food, which can be prepared and vitalized fresh for every meal on sunny days. And thus, by breathing vital air, drinking vitalized water and eating vitalized food, all can get well and keep well.

#### BOTTLE DISCS.

Oval disc-shaped glass bottles or jars may be made any required color, and used to hold any substance in the sunshine, and thus their contents be vitalized according to the color of glass or shade used. And these flat oval glass bottle discs may be filled with water or other transparent liquid, and the sun's rays shining through it be made to shine on the part of the patient's body desired to be treated; any color may be used to suit any special case, and the patient benefited accordingly.

*Fifth*—VITALIZATION BY ELECTRICITY.—I have said so much in former lessons about this wonderful vitalizing and curative agent that it seems to me

that but little more is needed to be said. It is now known that galvanic electricity, from a battery of many cells or cups, say from thirty to forty of the common size cells, will produce a current strong enough to decompose water, burn and cauterize flesh, dissolve metals, etc.; and much less power will do to vitalize any substance and make it curative; and still a much less power or quantity will do to vitalize patients and cure their (negative) diseases, and benefit all more or less; and still a much less battery power, even one cell, is sufficient for curative purposes if we use a properly constructed coil or helix to concentrate and intensify the current like the one we use in our Little Giant; and this concentrated current may be divided, and regulated, and modified so as to produce different effects, so that we can have special currents for special diseases, as we have in our improved twelve current "Little Giant," so as to do much more with electricity than has been done before.

In this improved Little Giant Vitalizer we have special galvanic currents, and special magnetic currents, and special vitalizing currents, and special dissolving currents, special scattering and special concentrating and drawing currents, and special electro-vitalizing currents, by which we can electro-vitalize all substances and all patients by passing a certain current into them. Then in this improved Little Giant we have a special to-and-fro

#### TONING-UP CURRENT

for all diseases of weakness debility and exhaustion. Then we have the various grades of currents combined in one, making a grand

#### DOUBLE CURRENT

for special purposes, and when a very strong cur-

rent is needed or desired. Special directions go with the instrument, for the proper using of all the currents, which all who have read my former lessons on the use of electricity can understand and use.

*Sixth*—MAGNETIC VITALIZATION.—As we have taught you before most substances—liquids, solids, and persons—can be vitalized with human magnetism by a skilled and healthy magnetizer. I have taught before that the positive right hand touching or holding, or stirring or rubbing, the article or thing, or person or part, will vitalize it and make it more positive and curative. And I have told you that the left hand applied to anything in the same way will make the article or person or part more negative and depleting; thus we can affect and control things and persons, and parts of persons, as we wish; this gives us

#### A MIGHTY POWER.

And we can instruct patients to use their own magnetism on themselves by their own hands; and by their own will-power, directing the magnetic power to any part of the body needing it, as I have directed before in Statuvolence or self-control and self-cure. Persons who go to religious shrines and statues and pictures, and who go to religious meetings and pray in faith, and *desire earnestly*, CURE THEMSELVES.

The priest or minister, and other faithful people, help the mourner to *convert* himself; so the Vitapathic priest-minister-physician, with good and favorable surroundings, helps the believing and desirous patient to cure himself. The processes which I put them through, with their faith, hope, and energy, will cure in any case, whether it be paralysis or any negative disease; or whether it be fever or

any positive disease; or whether it be both, as it was in the case of DANIEL CORBIN, on whom I made the wonderful cure at one treatment, whose case I will now relate as a lesson.

Daniel Corbin was doubly injured, either of which was enough to kill him, which if I was correctly informed was about as follows: He was working upon a high building in the hot sun where he became sun-struck, and in this dying condition he fell head foremost down on something below, striking his head and producing concussion and much injury to the brain; but he lived on for eight years, better in cold weather, and worse in warm weather. His condition was just this, the sun-stroke, and the headlong fall had rushed the blood to his head, and he was so injured that the blood never regained its proper circulation but kept up above the heart, making his head and shoulders burning hot, and but little blood going below the heart left the lower part of his body freezing cold, and so bad was he that he had to keep his head surrounded by large blocks of ice, and his feet on hot bricks or stones, and so deranged was his circulation that if he stirred he would swoon away. Can anyone think of a case more deplorable or more difficult to cure? All this time, eight years, the most eminent medical doctors and praying christians failed to even relieve him, he himself being a church member, and his family too, and all helping all they *could*; but everything failed, and everything does fail but Vitapathy. Mr. Corbin was in this helpless and hopeless condition when Mr. Judson H. Clark, the wealthy, liberal spiritualist, of Scio, New York, took me ten miles in his carriage to the village of Friendship to see the suffering invalid, where we found him out of doors on the shady side of his home with his head

packed in ice, and his feet kept hot with hot stones (he would smother and swoon away in the house).

But now to the cure, so that all V. D's. can make similar cures.

1st.—Mr. Clark talked to him, and told him of me and the wonderful cures that I had made.

2nd.—I talked to him and tried to convince him that I could cure him, but I had to *convert* him first to get him ready to be healed; finally, when he expressed his belief, and a willingness to be treated, I was ready to commence.

3rd.—I put my hands on his head and made passes down the whole length of his body to his feet, pressing pretty hard as I went down; soon the blood began to follow my passes down, as he afterwards described it (to the editor who published the account of the cure from his own lips), "that it felt like streaks of lightning or electricity passing down through him as I made the passes down."

4th.—I told him what to do for himself; to breathe hard, and rise up and walk; he did not believe he could walk, but I encouraged and *forced* him to walk.

5th.—Then I told him to continue hard breathing, and to slap his hands together, and to walk about and stamp his feet hard on the floor in addition to my magnetic treatment and control. I made him DO THREE THINGS AT ONCE, viz.; breathe, slap his hands, and stamp his feet, by which he helped to make the cure. Soon he spoke of his hands and feet getting warm, and his head getting cool; then he could walk around the yard and into his house, when his wife and children began to cry, whether from fright or joy I don't know, *perhaps* both.

From that one treatment he was restored to



health, and looked after work the same evening, and the next day, as I was told, the editor of the Friendship paper called to see him at his work in his old blacksmith shop and took down the account of the case from him, and published it in his paper under the heading "A Marvel, if not A Miracle." Which account many have seen, and can yet be seen.

The main thing in that cure was the equalizing of the blood in all parts of the body alike; that relieved his head and warmed his feet and effected the cure. I saw him three years afterwards, and he still remained well.

#### ONE MORE CURE.

I will give one more example of magnetic success to show how it was done:

Dr. Grimes, an old citizen of Kalamazoo, Mich., who had been a helpless invalid for more than ten years, with spinal paralysis caused by the drying up of the spinal cord, on whom all medical skill had failed; but he obtained faith in me by receiving a call from Mrs. Kate Coleman, of his city, who had been a worse invalid, and a greater sufferer than himself and for a longer time, and who had been carried on a bed to my house in Cincinnati, more dead than alive, but who had been restored to health, and went home and called on him joyous and happy. This gave him hope, and he sent for me; I found him lying helpless on his back, but hopeful and ready to be healed in my own way, and at my own terms. I stood beside his bed with my right hand to his feet and my left to his head, I put my right hand on the back of his head and neck, and my left hand on his forehead; holding them at these places for some five minutes, talking hopefully to him; I then passed both hands

down along the spine to its lower end, stopping all along in many places, and going over and over with this treatment for near a half hour, making the vitality follow down the withered spinal cord as my hands passed down; I then told him that he could rise up, and I controled him psychologically and made him get up and walk, and the cure was effected. An account of which was published in the daily papers of that city at that time.

By this Vitapaths can see how cures are made and do likewise.

All can realize the wonderful power of magnetism in the horse-shoe magnet, and can as well realize the wonderful power of magnetism in other things. Electricity from the galvanic battery is the best to magnetize minerals and mineraloids, chemical salts, etc., and human magnetism is the best to magnetize vegetable and animal substances. In magnetizing vegetable or animal substances we apply the magnetism with the hands, about in this way: If it is a piece of paper, or cloth, or wood, we hold the *end* of it in our left hand with the other end pointing to our right side, and then make passes and rub it from left to right, passing our right hand off at the right end every pass or rub we make on it; this may be continued for three or four minutes; the warmer the article at the time the better. These magnetized articles may be worn next the skin on the diseased part of the patient's body. This process magnetizes things positively. The common porous plasters are excellent things to magnetize in this way, but should be *wet*, instead of warm, to magnetize. If we would hold the end of the article in our right hand and *magnetize* with the left hand *towards* the left side we will magnetize them negatively, and they would have a negative effect on the patient.

We magnetize letters as we write them, and though they go by mail to great distances, sensitive persons can feel a wonderful power from them while they are wearing them according to directions. I have received many interesting accounts from cases of this kind.

Positive substances (and persons) hold electricity and magnetism much longer than negatives do, and some negatives, such as water and watery negatives, have to be magnetized fresh for that special time. Some substances hold electricity and magnetism, and all vitality, much longer on account of their shape; the round shape like our globe or earth is the best, as there are no *corners* for the magnetism to get *out* at; then all vitalized curative food substances are better round, or in the pill shape, and this brings us to our

#### VITAL PELLETS,

which may be made of sugar, or sugar of milk, or any concentrated nutritive food substance that can be made curative by some of our processes of vitalization, and thus make in themselves a

#### FULL MATERIA MEDICA.

For convenience the largest size sugar of milk pellets can be bought at any homeopathic store; these can be magnetized *positively* by holding a few of them at a time in the right hand, then keep them in a tightly corked vial wrapped with paper, or else kept in tight paper boxes. Sugar of milk pellets can be magnetized *negatively* by holding them in the left hand. One of either of these is sufficient for a dose. They may be sent by mail any distance to patients. But it is best to only give out a few at a time, and should be magnetized fresh as they are given out to patients. These magnetized pellets may be dissolved in water or

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tea, or milk, one at a time, and taken; or one may be melted in the mouth, or swallowed down whole, as suits best. Children will take them like candy. These are far better than homeopathic medicines as they are specially magnetized *at the time*, and for a special case, and by a Vitapathic physician who understands the magnetizing process. These magnetic vitalized food remedies are far better than any drug medicine in any disease for any person. But as some old foggy patients still want *medicine*, these magnetized pellets can be given them while the cure is being made by air, water, food, and other vital and vitalizing remedies, to suit the case, so all can be *suit-ed* and made happy.

When I come to speak of PRACTICE I will give full and plain directions in all cases. Believing now that what I have said here, and in the ENCYCLOPEDIA and in verbal lessons, that all our processes of magnetizing all our remedies and patients can be understood, I will proceed further and go higher into, or up to

*Seventh*—SPIRIT VITALIZATION.—Electricity comes from galvanic batteries and from other things and processes. Magnetism comes from the living body and brain, and from other things and processes. So Spirit comes from the sunshine and air, and from the living soul and heart and head, and from other sources of spirit.

Electricity is generated by chemical machinery and conducted by metals. Magnetism is generated by blood and brain, and conducted by vegetable and animal substances. Spirit is generated by breathing it from the air into the human organism, and conducted by the will and desire and determination of the operator, as his soul uses, directs, and desires; and does not need *metal*, or vegeta-

ble, or animal conductors, but may be sent and passed through the air anywhere, or to any distance, to the person who is *ready* to receive it and be healed, body and soul. Other souls, whether in or out of the body, may, can, and *do* assist the properly developed Vitapathic Physician and Spiritual Minister to heal the sick without any medicine at all.

*Eighth*—ANGEL TREATMENT.—Harmonious disembodied souls can be called on to assist the human operator, and, when desired and assisted by the embodied soul of the Vitapathic physician, will go any distance to the *medium* patient, and cure him at once. I have had much assistance in this way in many cases, one of which I will mention as a sample, as this case was fully proved and published in the *Spiritual Offering*, published in Ottumwa, Iowa:

Col. D. M. Fox, the editor of the paper, received a letter from his old friend and medium, John Brown, of Bernardino, California, telling him that he was very sick and would die unless he could get powerful help immediately, and requested Col. Fox to tell me to send him spirit aid. Col. Fox sent the request immediately to me, and urged me to do something for his friend, Brown, but did not tell me in what part of California old man Brown lived. I did not know his town nor post-office. But as soon as the request came that evening I sat down and called up some known spirit-healers from the spirit world and told them the request, but they, like myself, did not know old man Brown. I told them that Brown was a medium and had a band of spirits around him, and they could hunt until they found some of his band or some one to lead them to John Brown; so they

went, five of them, and found John Brown in his far off home that same night, and appeared to him and told him that Dr. J. B. Campbell, of Cincinnati, Ohio, had sent them, at his request, to come and cure him. John Brown received them gladly, and they treated and cured him then and there. The next day John Brown wrote a letter to his friend, Col. D. M. Fox, of Ottumwa, Iowa, before mentioned, that *last night*, giving the date, five angel spirits came to him (he saw, and heard, and felt them, and counted their number) and told him that Dr. J. B. Campbell had sent them to cure him; and Mr. Brown further writes to Col. Fox, that they did treat him and did cure him that same hour (he fully recovered and became a healthy man), and says, that new flesh and new life came into him, and that he became more fleshy and healthy than at any previous time in his long life.

This cure was made by angel help while the patient was some three thousand miles away from me, and on a man I had never seen. Col. Fox published all in his paper as above stated. Many cures have been made in the same way, but the account of this one is sufficient to explain all the rest.

*Ninth*—SOUL TREATMENT.—I often go myself, *that is* MY SOUL goes to harmonious patients at any distance and treats them spiritually, and relieves them instantly and finally cures them. They report that they see, and hear, and feel me, and are conscious of my presence and treatment, and feel the power and receive benefit immediately. If conditions could be made better on my part, and more harmonious and receptive on the part of the patient, many wonderful cures could be

made in this way by "Spirit Power;" and we have reasons to hope that it will soon be accomplished, for this is a spiritual age, and we use spiritual means to cure with and to benefit body and soul.

*Tenth*—VITA TREATMENT.—We think that the chapter in the ENCYCLOPEDIA, on the Nature, and Source, and Use of Vita, in the cure of disease and in "Raising the Dead," is all that need be said on that subject now. But here I will impart a greater secret on the use of Vita, which I have not before named, it is *this*: We can learn how to produce Vita enough in our own system to preserve both body and soul alive together, and thus make the human being practically immortal; and it is done in this way: We have, first, to breathe, and drink, and eat right, and do everything right, and obey nature's laws *in ourselves*. This will keep us from sickness and premature death, but still will not make us immortal, neither in soul nor body. A greater effort than all this must be made if we want to gain immortality, and here is the SECRET: When we breathe, as I have directed before, to take in spirit with the air for physical life, we must remember at the same time the soul needs nourishment, and we must take in spirit expressly for the soul as we take in food expressly for the body. And we always should think what we are *doing* and what we are *doing it for* when we eat: should not talk about something else and forget what we are doing and what we are doing it for. This is an important matter in eating food, and it is much more important in breathing spirit. We must *think* what we are doing and what we are breathing, and be conscious that we are breathing *in* the very SPIRIT OF LIFE on which we live and move and have our

being. And still all this is not enough to make us immortal; we must do a good deal more. We **MUST**, while breathing in spirit in this conscious and powerful manner which I have just described, let ourselves become fully **SPIRITUALIZED** and pass into the **EXTATIC CONDITION** of full **SPIRITUALIZATION**. "We *must* be born again," and born in the way I have just described, and *this time* born to immortal life! "We then have passed from death unto life," and life and love crowns all. This is being baptized with holy spirit and made immortal.

This can be learned, and practiced, and accomplished by the persevering and faithful disciple of Vitapathy. But after being baptized with spirit and born to this "Newness of Life," we still have to use the means to support immortal life as we have to use the means to support mortal life. We have to live on **VITA**—and here comes in the necessity and importance of *Vita*—we have to live on it whether we are in the coarse physical body or not; wherever we are the immortal life has to be sustained and perpetuated by *Vita*, without that there would be no endless life. So here again looms up the immense value and importance of *Vita*.

As I have stated before in former lessons, *Vita* is the product and grand culmination of the union of the finest matter with the purest spirit. We have to eat the *finest* matter and breathe the purest spirit in the special *conscious* **EXTATIC** manner that I have described, and with full faith, a steady aim, earnest desire, and **STRONG WILL**, determined to succeed. Enough *Vita* can be produced to preserve soul and body both as long as the production and use of *Vita* is kept up, thus practically banishing death. If *Vita* is not produced in sufficient quantity to preserve soul and body both, then the body, the most material of the two, will



have to be dissolved back to matter, and the soul will have to draw fine magnetic matter from other living bodies to unite with pure living spirit to produce Vita enough to live on, and with the material part Vita clothes itself with a new vital body, and thus be fully immortal. An immortal soul must have an immortal body to live in; if the soul cannot or does not purify, refine, preserve, and *save* the body in which it was first born, by the processes which I have previously described, then they will have to make themselves a new vital body, as I have described.

The first thing a soul has to do is to develope, enlighten, purify, and make itself immortal by the new birth through the extatic conditions and spirit baptism, as I will describe; and then the next thing to do is to preserve the old body, or form a new one, in which it can live forever a complete being. This *making* of a new vital body, after the *death* or failure of the old one, is a wonderful thing, and but very few souls know how to accomplish it; they are like the lower animals, they don't know how to build a house to live in. A great many souls, when they have lost their physical body, get into some other living body, then that person is obsessed, and sometimes *many* bodyless souls get into *one* body and become jealous and vicious, and become evil spirits, and control the person to do evil, then the person (or body) is said to be possessed of devils. In early times disembodied souls were more ignorant and vicious than now, and then there were worse devils than now. Ignorance leads to crime, knowledge leads to virtue. These ignorant and vicious bodyless souls have to be taught how to make bodies for themselves, then they can be happy and progressive; this is a great and much needed work

for advanced souls to do, and they are now engaged in teaching poor ignorant souls how to live. Many of these ignorant, *almost* bodyless, souls come back *or stay* with some member of their family and draw Vita from them, and draw so hard that they often draw blood out of their victims and render them weak and sickly, and many die from their blood sucking and Vita drawing. All remember the stories of vampires, which are not a fiction but a terrible reality; and doctors will find many such poor victims among their patients if they will only investigate, for their "name is legion." And here Vitapathy comes in with its knowledge, power, and skill, to instruct and elevate the ignorant, *bodyless* souls, and cure their helpless victims. Nothing but Vitapathy can *save* the vampire and his *victim*; and this is the chief glory of the Vitapathic system, it reaches to both worlds, and rescues and saves the suffering and ignorant in both. Some systems belong only to this life, and some systems belong only to the next life; some systems only look after the body, and some systems only look after the soul, which is at best, even if they were genuine, only a kind of half way business, and which really is not much better than none. But Vitapathy looks after and benefits all bodies and all souls in ALL worlds, and in ALL lives; and here begins to swell up the immense importance of Vitapathy, it belongs to both worlds and cures and saves in both, and benefits all for all time and eternity. Every person living should learn Vitapathy, both for here and hereafter, and the sooner all learn it the better, for it is the rock of physical and spiritual salvation in time and eternity to all who will receive and live it.

Now, having explained the full principles and powers of Vitapathy, we will commence its

## PRACTICE.

And I will speak first of its grosser remedies, as employed by

## EXTERNAL TREATMENT,

And show what wonders can be accomplished in curing disease by the outward application of simple domestic Vitapathic remedies.

*First*—Air blown on the whole body will cure inflammation and fever in a few hours; and if blown on a local inflamed sore with a bellows will relieve in a short time.

*Second*—Water applied to the whole body in a full length bath tub, or if applied by pouring on the back of the neck, will cure any fever in a half hour.

*Third*—Sweet spirits of nitre, or benzine, or gasoline, bathed on an inflamed place, left *uncovered*, will cure by cooling evaporation in a few hours.

TONIC LINIMENT.—Aqua ammonia three parts, olive oil one part. Good for rheumatism and all aches.

*Fourth*—Our Vital Oil, *mentioned* in the ENCYCLOPEDIA, applied same as the gasoline, is still better for all inflammations and pains. A cheap vital oil can be made of one pint of deodorized gasoline, four ounces of gum camphor, and two ounces of oil of sassafras.

*Fifth*—Vinegar, or acetic acid diluted, makes an excellent skin wash.

*Sixth*—Salt water or sea water make excellent washes for stings, bites, skin poisons, etc.

*Seventh*—Sassafras tea makes an excellent wash for some skin diseases.

*Eighth*—Distilled golden seal makes an excellent wash for canker in the mouth and throat, and for hives and pimply skin diseases.



*Ninth*—Distilled eucalyptus globulus makes an excellent skin wash for leprosy.

*Tenth*—Distilled witch hazel, leaves and bark, make an excellent wash for piles, and all blue spots and varicose veins. All the above distillations and all distillations should be distilled by the Vitapathic process *without* alcohol, and for this purpose our new still is the best.

*Eleventh*—New warm milk makes a good wash for open sores. All know the value of mustard-plasters, and also the common porous-plasters, which should be well magnetized before applying. All plasters, papers, and cloths are valuable curatives when well magnetized, *indeed*, everything intended to cure or benefit should be well magnetized first, or vitalized by some of our processes, for it is Vita—vitality—that cures.

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## VITAPATHIC PRACTICE.

### WITHOUT DRUG MEDICINES OF ANY KIND.

In teaching the methods of cure by this newer and better Vitapathic treatment I will not stop to give symptoms of any disease, these can be learned fully in other books; but I will be particular to give the nature and *class* of the diseases we treat with any particular class of remedies, which is much better, and most important.

#### ACUTE INFLAMMATIONS,

Such as inflammatory rheumatism, and all inflammatory diseases, are very positive in their nature, especially in sanguine positive persons, and require negative anti-inflammatory remedies, such as water, internal and external, and locally to any place that may need it; and all such patients need our nega-

tive sugar in half teaspoonful doses in some water or cold sanative tea every few hours for a day or two, and may have the direct current electricity from holes 2 and 5 in our Little Giant; and the patient may have one negatively magnetized sugar of milk pellets every hour or so for a few days as the case may be; our vital warm air bath is excellent in all cases. The acute patient should be seen at least once daily, and the negative sugar and pellets should be *renewed every day* so as to be *fresh; only give your patient ENOUGH to last him until you see him again—*

#### LEAVE NO OLD REMEDIES ABOUT.

Give them lemon and lemonade, and also cabbage-slaw but slightly cooked in water and vinegar, and but little else to eat for a day or two; they can have as much water as they want to drink; keep them in a rather dark room, with no noise or company; they will soon get well.

#### MALIGNANT DISEASES.

Small pox, measles, scarlet fever, and such poisonous and malignant diseases require about the same treatment as inflammatory fevers, excepting the negative sugar may be given in half teaspoonful doses, or less, every half hour in sanative tea; one or two vapor-baths may be given in the early stages of the disease; and Virginia snake-root tea or other diaphoretics may be continued for several days. The sanative tea *sweetened* with the negative sugar used at meals will prevent all these malignant diseases, and yellow fever and all epidemics.

#### DIPHTHERIA.

In diphtheria, croup, etc., the treatment should be about the same as for small pox, etc., with these ad-

ditions—make the sanative tea *stronger* with a teaspoonful of fluid extract of eucalyptus globulus to the cup of hot sanative tea and negative sugar. The patient should have a spoonful of this tea as prepared above every fifteen minutes or so for the first day, then slower and less. The *hot* sanative tea and negative sugar should be well gargled in the throat every fifteen minutes in bad cases of diphtheria, and the silk handkerchief may be worn on the outside. And there is one thing more that the patient needs in this disease, and that is, a little good nutritious food every two or three hours to keep up his strength, such as rice cooked with milk and egg and loaf-sugar, even boiled milk is good. Be careful of cold and fatigue, and your patient will soon be well. Diphtheria, etc., can be prevented by the same means used to prevent small pox, measles, etc., that is, by the use of the sanative tea and negative sugar at meals at least once a day.

#### ERYSIPHELAS,

And all hot skin diseases, may have about the same treatment as scarlet fever, etc., and may in addition be frequently washed externally with strong sanative tea and negative sugar, or with distilled eucalyptus or distilled hamamelis. The negatively magnetized sugar of milk pellets will be proper to give in all these positive diseases; *cooling* magnetic passes from head to feet are also proper in all the positive fevers.

#### STINGS AND BITES.

Stings and bites and poison-ivy inflammations are very positive in their nature and effects, and require about the same internal treatment as small pox, sea salt dissolved in water and applied to the place being a good remedy. In common cases if

the water is made as salt as common sea water, and the part well and often bathed, or a cloth wet with it kept on, it will be sufficient. But for snake or mad dog bites the sea salt should be first moistened with water, and applied thick on the place. The wet salt may be put into a little bag or stocking, or wrapped in a towel and applied. Then a sheet copper or zinc plate should be put on outside of that, and then the negative pole or handle from hole four be put on that, while the positive pole of the same current from hole two should be put to the back of the neck under a good strong direct current from our Little Giant. In snake bite it may be run an hour or more, and in mad dog bite it may be run longer, and the salt may be renewed two or three times. Then the patient should have an electro-magnetic vapor bath, and this may be repeated every day for a week or two, running a strong direct current of electricity down through the patient while in the bath. The mad or rabid patient should eat onions and garlic for food. See also our other previously published remedies and treatments for hydrophobia in the *ENCYCLOPEDIA* and its *SUPPLEMENT*. I think the sea salt and direct current electricity better than the mad-stone. But in all cases of snake or mad dog bite the patient should be given large quantities of negative sugar; that will antidote the poison and work it off by the bowels.

#### SYPHILIS

And all blood-poisoning require about the same treatment as bites, etc. This is a terrible disease, and the cause of many other diseases, and of much suffering and many deaths. Full treatment should be continued for some time. The low diet, negative sugar, the direct current electricity, and the

electro-magnetic vapor and warm air bath, all should be followed up until the poison is all out of the system, and all parts well. *Perseverence* in these full treatments is the only safety, and especially in chronic cases. The negative corn silk is an excellent remedy.

#### GONORRHEA

Should be treated in about the same way, but will not need so much active treatment; it will require more of the corn silk remedy and yerba santa, both of which may be taken as tea.

#### MUMPS

Will require sanative tea and negative sugar internally, and the healing oil externally, kept there with a flannel rag.

#### HEALING OIL

Is made of linseed oil or olive oil with all the camphor gum that will dissolve in it.

#### GOUTY SWELLINGS

May be treated in the same way, and the electro-magnetic vapor and warm air bath will be excellent in all cases.

#### INFLAMMATIONS

And swellings in any part of the body should be treated in about the same way.

#### BOILS, FELONS, CARBUNCLES, ETC.

Should have the same general negative treatment, and have the healing oil *thickened* with the negative sugar or with salicylic acid applied as a poultice; or strong tea of lobelia may be thickened with the negative sugar and applied.

#### CANCER.

There are so many forms and stages of this terrible disease that our best treatment has to be



employed with skill to suit each case. Cancer seems to be on the increase, and no doubt syphilis and tobacco and tomatoes have much to do with producing it.

In my former lessons in the *ENCYCLOPEDIA* and its *SUPPLEMENT* I have given the best remedies and methods of treatment known, and I now give some fuller lessons on this very interesting subject.

#### NEW CANCER TREATMENT.

The patient should be put on a low diet of rice and other easily digested food, should drink the sanative tea and negative sugar, and have electro-magnetic vapor and warm-air baths, with direct-current electricity from the hands or neck down to the feet, as constitutional and blood purifying treatment; then the patient should have the direct galvanic electric treatment, with the negative pole from hole 4 (farthest right hand corner of our Little Giant) to the cancer, *outside* of the wet salt-bag, as I have described for snake and mad dog bites; and have the positive quantity direct galvanic current from hole 3 (farthest left hand corner) in the hand or neck, or above or opposite the cancer. In the primary stages of cancer it may be scattered with the positive of the direct-current *to* it, and the negative of the same current opposite or below, or to the feet, with copper foot dish and hot salt water in it; the negative pole or flat handle can be put outside of the copper foot dish with the feet inside; then, with the positive pole at or on the pimple or gathering, it will scatter and carry the poison out at the feet into the salt water.

#### MALIGNANT CANCERS

In advanced stages should always have the pulling out treatment, with the wet salt and negative pole



to it, as described for mad-dog bite, syphilis, etc., and in addition to this pulling out treatment and the constitutional treatment before described. Open cancers need special local treatment, such as the C. C. C. C., or

#### CAMPBELL'S COMPOUND CANCER CURE,

Described in the SUPPLEMENT to the ENCYCLOPEDIA, or may have this newer cancer treatment, the healing oil, made of glycerine and camphor, thickened with boracic acid or salicylic acid so it can be used as a poultice; in applying this poultice to the open *running* cancer, or malignant sore, a thin gauze muslin should be used between the poultice and the sore, and the poultice may be renewed twice a day.

#### EATING CANCER.

Where cancer is eating in fast either to flesh or bone, salicylic acid may be used in the poultice instead of the boracic acid; always remembering to give thorough treatments with all the remedies above described. The cancer patient should live on a cool, low, scant diet; keep the bowels well open with negative sugar and other laxitive diet, and keep the pores of the skin well open with the vapor bath, and should be very particular not to heat the blood or excite the body or mind in any way; then persevering treatment will cure nearly every case without cutting or burning, or pains, or risk or danger, and affording the only safe and sure treatment for these terrible malignant diseases. Human magnetism will scatter and cure many cases of these blood diseases in their early stages while in the pimple or tumor condition. If there is much pain, the fluid extract of eucalyptus and salicylic acid can be applied to any open sore; or if the cancer is inside of the body the left hand treat-

ment will pull the inflammation and poison to the surface and cure the cancer.

#### BILIOUS FEVERS.

We now enter on another class of positive diseases that are not malignant nor poisonous, but are bilious according to the biliousness of the patient, from bilious temperament and from external bilious causes, and the patient needs treatment *accordingly*. If he is very positive and bilious he will have high bilious fever and needs large doses of negative sugar, and much water both internal and external, by drinking, pouring on his neck, or by whole bath, and always remember to give and apply this negative water treatment at about the close of the day when the fever is at the highest, and give him for his supper cabbage-slaw warmed in water and vinegar. The patient can be well by the second day.

#### TYPHOID FEVER

May be of the same bilious type, but being in a more negative person does not require quite such big doses of the negative sugar or food or water, and requires more toning up treatment and plenty of the vitalizing pennyroyal tea to drink; thus the treatment can be modified to suit all grades of bilious fevers.

#### YELLOW FEVER

Is first a high grade of bilious fever, then changes rapidly to a low grade of septic fever. While the fever is high it produces combustion and fermentation in the tissues and secretions of the patient, producing germ-life which then assists to propagate the disease. The treatment should be about the same as for bilious and typhoid fevers, *only more so*. The negative sugar should be made much stronger with salycilic acid, say two ounces to the

pound of cream of tartar; then teaspoonful doses of this new negative sugar should be given every two or three hours in strong sanative tea, only continue this but a day or two, or until the fever is allayed, then give pennyroyal tea to drink with a teaspoonful of the *positive* sugar in every teacup-full of the tea, and let him have this much every two or three hours until he is better; and then give him a good easily digested nutritious diet every few hours, such as rice, tapioca, etc., in the pleasantest mode of preparation. Fever patients that have become much depleted can be reinvigorated with the to-and-fro electricity and ginger and damiana tea, or the "Vital tea." All persons exposed to, or liable to get, yellow fever, or any epidemic fever, should use the sanative tea and the negative sugar at their meals to prevent the disease.

#### FEVER AND AGUE,

Or rather ague and fever, is first negative, then positive, and must be treated accordingly, that is, the negative chilly stage must be treated with positives, such as hot ginger tea and positive sugar, in large quantities, before and at the time of the cold stage, to break it up at once. Our dry hot-air bath is excellent to warm the patient and break the chill; commence the hot-air bath just before the chill commences, and keep the patient in until the time for the chill is over, *even* if it should take an hour or more. In the fever stage give cool drinks and cooling treatment, and for the sweating stage and

#### NIGHT SWEATS

Give strong cold sage tea, and wash off with vinegar and water.

## OTHER FEVERS.

There are many other fevers arising from colds, sores, injuries, and excitements, and should be treated on the positive and negative principles, by first reducing the fever-heat, pain, soreness, and inflammation with the negative treatment, then toning up with positives.

## COLDS

Should be relieved immediately with sweats, warm-air baths, etc.; hot water, hot ginger or pennyroyal teas, are excellent to sweat out colds.

## PNEUMONIA

Is best cured by giving the patient a tea made of pennyroyal and ginger, or its tincture, in teaspoonful doses, or more, in the hot pennyroyal tea well sweetened with positive sugar, to make him sweat the cold all out in a few hours. Our vital-vapor baths are also excellent.

## PLEURISY

Can be cured in about the same way. All sweats should be thorough and successful by hot teas and hot things around the patient who should be wrapped up warm in bed.

## CHRONIC COLDS.

Long continued colds assume the chronic form and become negative, and weaken and debilitate the patient, and therefore, in addition to sweats, etc., require to-and-fro electricity, and other positive and tonic remedies; but the fever and inflammation of any disease is positive in character, and must first be subdued with negative treatment before toning up with the positives.

## COUGHS

Generally come from colds, and should be treated

as colds. Acute positive coughs require sanative tea and negative sugar. Chronic negative coughs require pennyroyal tea and positive sugar. 2 ounces of salt and 2 ounces of good vinegar and 2 ounces of glycerine in a pint of water, taken in teaspoonful doses, or more, every few hours, is excellent for coughs. This negative cough medicine is excellent for fits.

#### WHOOPIING COUGH

Is positive, and requires sanative tea and negative sugar. A little may be taken every hour, or less frequently, to allay the cough and give sweats, etc., same as in common colds and coughs.

#### HICCOUGH

Or hiccup is generally negative, and comes from a sour stomach, and can be relieved at once by eating a little positive sugar or loaf sugar. In all chronic negative conditions, from colds, coughs and all depleting diseases, the to-and-fro current electricity from our improved Little Giant is very beneficial, and so is positive magnetism, applied with the right hand on the weak place.

#### FIRE HEAT

Is very curative for all colds, lumbago and sore feelings, applied to the place as most convenient.

#### SCROFULA.

The common word scrofula, like charity, is made to cover a multitude of (sins) diseases, and it is a word that everybody hates, especially when applied to any disease of theirs. They think it means that their disease comes from some venereal disease or cause, and it often does, and they, like the man under the bed who thought he was bitten by a rattle snake, may as well own up, and seek the proper remedy. Still these diseases may be



inherited, and the patient not to blame. But no matter, the conditions must be met, and the disease cured, and the quicker the better.

There are other causes for scrofula, and the most general is eating pork. Scrofula may be deep seated and never show on the surface, and these people think they have no scrofula and become indignant if the doctor intimates that they have. But they must not deceive themselves, as the deeper seated the disease the worse it generally is, and may end in consumption and death before they are aware; or in tumor, or in cancer, or internal ulceration.

#### IMPURITIES OF THE BLOOD.

All persons with any taint of scrofula or other blood disease should go through a regular treatment of fruit and vegetable diet, and sanative tea and negative sugar, and the electro-magnetic vapor vital warm air bath, with the special cleansing direct current from hole 2 and 4, running from hand or back of neck to feet.

#### SKIN DISEASES,

Such as scald head, erysipelas, tetter, ring-worm, salt-rheum, kings evil, etc., come generally from scrofulous causes, and require the same treatment, and also special internal and external remedies (such as are spoken of on page 340 of *ENCYCLOPEDIA*) and especially need the negative sugar internally, and washes of distilled eucalyptus with refined powdered borax or boracic acid dissolved in it; and for raw sores glycerine may be added in about equal parts with the eucalyptus. Sweats and the warm air bath are excellent, and the eucalyptus and glycerine and Borax may be put in the vapor pan under the chair at the time of bath.



## LEPROSY.

That terrible scourge of the southern portion of the globe can be cured by full persevering treatment as directed for scrofulous skin diseases, with the internal use of *barberis aquafolium* in connection with the electro-magnetic vapor vital warm-air bath with the special direct current electricity and the external use of eucalyptus and glycerine and boracic acid, to which may be added a little salicylic acid, especially in applying to decaying sores. The negative sugar should be taken very freely in sanative tea. And most all leprosy patients are very bilious, and may need mandrake in some form in addition to the negative sugar, etc.

## INSANITY

Seems to be on the increase, and its chief causes are scrofulous diseases and masturbation. Insanity is of two kinds, the positive and the negative, just as the temperament of the patient and the causes may be. Sanguine positive scrofulous persons have mostly

## POSITIVE INSANITY,

And require such treatment as we have directed for scrofulous diseases, and cold baths and a cooling scanty diet.

## NEGATIVE INSANITY

Occurs most in negative persons who have *misused* themselves. They are generally nervous, timid, fearful, and gloomy, and require a great deal of toning-up vitalizing cheerful magnetic Vita treatment. This, with removing the cause and its effects, and repairing damages as far as possible, will soon cure even the worst cases. The Vitapathic negative depleting treatment is the great remedy for positive insanity; and the Vitapathic

positive vitalizing treatment, employed mostly through Vita, is the great remedy for negative insanity; and these positive and negative methods of treatment, properly applied according to the nature and condition of each case, can cure all insane persons, and restore them to their right mind and to usefulness and to home and society. This I have tested in many cases and know of what I speak. I have gone to lunatic asylums among the most hopeless and *pronounced* INCURABLE insane patients and restored them to health and reason at one treatment, and I confidently believe that if this Vitapathic treatment could be carried out, under favorable circumstances, that every case could be cured, and the

#### LUNATIC ASYLUMS EMPTIED.

But of course the old foggy medical doctors, who have charge of the asylums, will not consent, for fear we might succeed, and then their occupation would be gone.

Positive diseases even in positive persons may, from their long continuance, become chronic and negative, and require, after the positive patient has had a little negative and cleansing treatment, the general positive treatment to suit the negative form of the disease, but still will not require as much positive treatment as the chronic negative patient would.

There are other positive diseases and conditions that may not have been specially named in these lessons, but will all require negative treatment on general principles.

#### SPECIAL DISEASES.

There are some special diseases that may be either positive or negative, according to the tem-

perament of the patient and the cause of the disease, such as

#### EPILEPSY.

Fits of any kind in positive persons will be positive in their nature and require negative treatment such as sea salt or any product of sea water. The sea is wonderfully negative. Bromine, iodine, etc. are all negatives, and are therefore the necessary kind of *food* remedy in positive diseases and excitements. Thus sea salt, bromide of sodium, bromide of ammonia, and glycerine, each one ounce to a pint of soft water, taken in teaspoonful doses five or six times a day, would be mild treatment for positive fits in positive persons; in bad cases and robust persons a tablespoonful may be taken at a dose, and even a larger dose may be given to break a fit at the time that it is on or coming on. Patients of this class need to take mild doses for years to keep them well, and all other diseased conditions of the body need to be attended to at the same time; and scull cap, lady slipper, sumbul or some anti-spasmodic may also be required. A direct current of electricity from head to feet, and *down* magnetic passes, is good in all these cases.

Salt water and glycerine, two ounces each to a pint of water, make a good fit cure.

#### SPECIAL NOTICE.

There is one thing that I would speak especially of, and that is this: fits, convulsions, spasms, and wild spells and falling sickness, and some forms of insanity, are sometimes produced by the magnetic control of some person or soul in the body or out of the body. The patient has been magnetized by the inharmonious control or fright of some person or disembodied soul, and this unpleasant influence has not been removed. Now, in treating these

cases, it is necessary for the doctor to get his patient under his own harmonious control, and then make passes *up* from feet to head, and well up over the patient's head, to take all magnetism off, no matter who or what put it there; and the doctor may have to take this bad magnetism off from the patient by the upward passes before he can control the patient. Then, when he has controlled the patient, even in the least, be sure and take it well off by the upward passes, and by arousing the patient up by saying to him "all right." This is the secret of success in all similar cases, and in all magnetic treatments.

#### NEGATIVE FITS

In negative persons may have come from the same magnetic or spirit controlling causes, as I have mentioned above, and so far as that is it requires about the same magnetic treatment. But often negative persons get fits and nervous spells from masturbation, and that has to be looked after and remedied; and some get fits from weakness, then they will need toning and vitalizing food remedies such as the vital tea and positive sugar, and to-and-fro electricity and vitalizing magnetism and Vita.

#### FITS FROM INJURIES

May sometimes occur, and must be remedied as far as possible; or fits may come from tight lacing, too small shoes, etc., and sometimes from worms. The cause must be sought and removed, and then the patient be treated as the case requires.

#### ST. VITAS' DANCE.

In addition to what I have said in the *ENCYCLOPEDIA*, I only add that the main thing in the treatment of St. Vitas' dance and all spasms *is to equal-*

ize the circulation of the blood and vital powers of the system, and this is done by quieting, harmonizing magnetism, and especially by making the patient make himself harmonious by equalizing his own circulation and by making him practice doing three things at once, that is, to breathe extra hard breaths, to slap his hands together, and to stamp his feet hard on the floor, he must do all these three things at the *same time*, and have him do it for a quarter of an hour every day, and he will soon cure himself. If he gets under any magnetic influence take it off well after the treatment as directed for fits, etc.

#### COLICS, ETC.

Are negative, and need strong hot black pepper or ginger tea to cure them at once.

#### TAPE WORM

And for all worms feed your patient on half teaspoonful doses of negative sugar in flax seed tea every hour or so, and give teaspoonful doses of molasses and salt frequently, and *nothing* else until the worms or tape worm come away, if it should take a week.

#### NEGATIVE DISEASES

Are very numerous and of as many varieties and grades and conditions as there are various persons to have them, and require all shades of positive treatment, to suit each case. Still all are treated on the same general principles of cleansing, toning and vitalizing treatment. As I have made these things so plain in former printed and verbal lessons not much more need be added, only to introduce some new remedies and vital methods of treatment in certain and special diseases. In adding these new lessons I will commence with



## ACUTE NEGATIVE DISEASES,

Such as are very depleting and run their course rapidly, and must be checked soon, such as

## DIARRHEA.

Dysentery and all common loosnesses of the bowels are negative, and require positive treatment to relieve at once, and here comes in our certain cure, positive food treatment. All drug medicines, and drug stores, and drug doctors may go to the dogs; we will go to the kitchen and dining-room where the proper food remedy is to be found. We will take a bowl of sweet milk and break crackers into it, enough for a small meal, then we will put into it about one teaspoonful of good ground black pepper and stir it up well and have the patient eat all down together. If that is well done one mess is enough, and the patient is well from that moment. I have tried this often and never failed. No drug medicine could cure it as quickly and surely and as safely. Go to the kitchen and grocery, and not to the drug store, if you want to be successful in curing the sick.

## CHOLERA MORBUS

And cholera infantum can be cured in the same way, giving the quantity to suit the age and size of the patient.

## ASIATIC CHOLERA

Needs the same food treatment and a starch injection with a teaspoonful of black pepper in it to check the bowels, and five or ten drops of oil of pennyroyal in a large teaspoonful of sugar and brandy (our Life Drops) taken into the stomach to vitalize the whole system. Then the disease is checked at once.

The vital tea and positive sugar used at meals will prevent cholera.



## ASTHMA.

In bad spells of this, or similar diseases, give strong, hot pennyroyal tea until the patient sweats freely. Magnetism, with right hand on the breast and left hand to patient's light is good; our electric nerve pellets are good, or even our magnetized pellets. Then have the patient drink vital tea and positive sugar at his meals, to keep him well, and give him, and all other patients who *think* they must have *medicine*, our magnetized sugar of milk pellets.

## CONSUMPTION.

I have said so much about this all-pervading disease in the *ENCYCLOPEDIA*, and its *SUPPLEMENT* that I need not add much more, only to say that vital air and nutritious food are the main remedies in this disease. Pure vital air should be breathed in excessive quantities all the time by the consumptive patient. And cream, and cheese, and eggs, and rice, and extract of wheat, and other grains, and corn starch, and such like nutritious food, should be eaten about every three hours by feeble patients, and his drink should be vital tea and positive sugar; and if he has night sweats give cold sage tea to drink in the evening. Then to-and-fro electricity, and positive magnetism, with right hand to his throat and breast, will help much; but if he *wants medicine* give him a positively magnetized sugar of milk pellet every two or three hours, to satisfy him.

## POSITIVE CONDITIONS.

There may be some positive conditions at the early stage of the disease, especially in positive and sanguine persons, such as inflammation of the throat and lungs, and a hacking cough. The pa-

tient should take sanative tea and negative sugar, and eat fruit and vegetable food, and should have a thick towel, or paper thickly folded, with healing oil on the side next to the throat and breast, and worn there continually, a little new healing oil should be put on every day. This is excellent in all inflammation of the lungs, and for inflammation in any part of the body. And for

#### BRONCHITIS,

Though this disease commences with inflammation and is therefore positive in character, and needs the negative sugar, and sweats, and vapor baths, and the water and salt and vinegar cough remedy to remove all this positive condition, it soon changes to the negative type, and needs positive toning and vitalizing treatment, see *ENCYCLOPEDIA*.

#### CONSTIPATION

May be either positive or negative, according to the temperament and condition of the patient, and cause of the disease. Costiveness from positive conditions, inflammation, etc., require the use of negative sugar, and a cooling fruit and vegetable diet. Costiveness from negative conditions, such as weakness and debility, require the vital tea and positive sugar, and tonic remedies, such as cascara sagrada and other bitter foods.

Constipation is a terrible affliction to some, and many sufferers have tried all kinds of medicines and pills, and other cathartics, to no benefit. Some have used injections, but still no cure. But those who diet right are always benefited.

I have cured many bad cases of constipation with magnetism after all medicines and syringes had worse than failed. Just in this way I treated them, with my right hand over the bowels, by passes up the right side, then across from right

to left, and then down the left side, and then up the right side again, and so on around and around, *rubbing* pretty hard. This is the best treatment for negative constipation, and persons can help themselves this way. The *reverse* motion treatment will check too much action of the bowels. Coarse ground grains of food will do much to relieve constipation.

#### DYSPEPSIA.

We have said enough about this distressing disease in our lessons in the *ENCYCLOPEDIA*, only to add that it must be treated positively, or negatively, as temperament and condition indicate; but here, most of all, are all drug medicines decidedly injurious; here the main dependence must be on diet to suit the special features of the case; and then electricity and magnetism to suit the requirements of each case; direct-current electricity, positive pole at back of neck, and negative over the stomach for positive inflammatory dyspepsia, and magnetism with the right hand to the back of the neck and the left hand over the stomach; hold still, and pull the inflammation out, as in all other cases of pulling deep-seated inflammation and poisons out to the surface. All dyspepsia (and other diseases) can be cured with proper food and electricity and magnetism; but they must be applied scientifically, as I have directed, for Vitapathy is a scientific system of cure for all diseases; there is no haphazard or guess work about it, but all is science and skill, and thorough knowledge, and this is the secret of its wonderful success. In negative dyspepsia the treatment must be just opposite or reversed from that of positive dyspepsia.

#### DIABETES.

In this disease, as in others, the best treatment

is proper food, electricity, vapor-baths, and magnetism; the food should be dry and drying, such as pop-corn, and other diet containing no sugar or ~~animal~~ food. With negative pole of to-and-fro electricity to the back and the positive pole over the bladder, and magnetism on the same principle, the left hand to the back and right hand to the bladder; sweat the patient well with vapor or hot-air baths. Pepper and other spices are good.

#### BRIGHT'S DISEASE

Of the kidneys is just opposite in its nature to diabetes, and requires just opposite treatment; the diet should be moist and cooling, and the negative sugar in sanative tea would be excellent, and raw apples and melons, and thin well skimmed milk should be the principle diet; the vital oil often rubbed on the back will help much, and so would the sweet spirits of nitre, used in the same way, then treat with electricity, or magnetism, as the case indicates. Our vital tea or damiana is excellent in Bright's disease of the kidneys, and so is asclepias incarnata.

#### BILIOUS HEADACHES

Require the daily use of sanative tea and negative sugar, and right hand treatment to the liver and over the bowels, same as for constipation.

#### NERVOUS HEADACHE

Requires right hand treatment to the head; and the stomach, bowels, and other internal organs treated as their conditions require. Nervous headaches are much benefited by rest and quiet.

#### NEURALGIA

If it is inflammatory, requires pulling out by putting the negative pole of direct-current to it through a wet cloth, and the positive pole opposite;

or if treated with magnetism, let the principle of treatment be the same, that is, left hand to the pained place and the right hand opposite, hold still, and pull it out if it should take a half hour or more. All pain is positive, and if deep-seated should be *pulled* out.

#### CHRONIC RHEUMATISM

May be positive and require sanative tea and negative sugar, direct-current electricity, and vapor baths, and vital oil rubbed on plentifully and often; but if the chronic rheumatism is negative, then it requires vital tea and positive sugar, and general toning up treatment.

#### DROPSY,

Though a negative disease, is sometimes found in positive temperaments, and at any rate requires negative sugar and cider, and hot-air sweating baths. The vital tea, also damiana and asclepias incarnata are excellent in dropsy and all diseases attended with scanty urination.

#### DEAFNESS

Of all kinds I have said enough about in the ENCYCLOPEDIA. I am not specially an aurist, but nervous deafness, as well as nervous blindness, are often cured in a few minutes, with the right hand or finger magnetic treatment to the place—ear or eye, as the case may be.

#### CATARACT

Needs something to dissolve it, such as fluid extract of eucalyptus globulus, or oil of the same, softened with about as much olive oil, and applied often to the bare eye, the oil will soak in and dissolve the cataract. But two things more are needed, and that is a scanty diet and the bowels kept well open with the negative sugar, and the pores



of the skin very open with hot-air sweating baths, *same* as to scatter tumors or gatherings of any kind. Right hand magnetism is also good to *rub and drive away* cataracts and all gatherings.

#### PARALYSIS

Is benefited much by making passes *up, same* as to take the spell off, as directed in mesmerism and fit spells.

#### SHAKING PALSY

In this disease the three processes, done at one time, as I directed in St. Vitas' dance, etc. will soon cure palsy agitans.

#### MANY OTHER DISEASES

That are mentioned in the *ENCYCLOPEDIA* and elsewhere need not be repeated here, as it is plain they can be successfully treated on the general principles laid down in these higher Vitapathic Lessons, and in the use of the new vital food remedies spoken of in these lessons.

#### VITAPATHIC SURGERY.

Follow the directions given in the *ENCYCLOPEDIA* with such other new light as time may unfold.

#### SILK HANDKERCHIEF CURE.

Many things can be magnetized and made curative, and among the best is silk, as it holds magnetism the best; any piece of silk will do, a silk handkerchief is about the right size. It should be folded cornerwise (not diagonally), and should be well magnetised by holding one end in the left hand and the other end laying over the right knee and then make passes with the right hand from left to right and off at the right end of the handkerchief at every pass or rub. In a few minutes the handkerchief will be well magnetized. The right end will be positive and the left end negative; now we



have a powerful battery. If we want to *scatter* any surface inflammation or gathering we place the positive end of the now folded handkerchief on it and let the negative end reach around to the opposite part of the body; bind it on tight and wear it there for two or three days, or more if needed.

But if we want to draw *out* a *deep* seated inflammation, then we would put the negative end of the handkerchief on the surface over the place to *pull out*. And again if we want to strengthen a weak place we will wear the positive end of the handkerchief on it; or if we want to weaken any place or part we will wear the negative end of the handkerchief on that part. So it can be seen at once of what great utility and wonderful curative powers the magnetised silk handkerchief is made to be.

#### APPLICATION.

When we want to scatter the inflammation of croup, or quinsy, or diphtheria, or the sore throat of scarlet fever, or of any sore throat, we put the positive end of the magnetized silk handkerchief to that part of the throat, and the negative end to the back of the neck. Have the handkerchief or piece of silk long enough to go around a *little more* than once and a half, and so it will fit tight to the neck. In applying it to larger parts of the body the silk may go around but little more than half, *so* that the positive end will be on the inflamed place, and the negative end on the opposite part of the body. This magnetized silk worn for a few days will cure diphtheria and all sore throats and other inflammations in other parts of the body, on the principle that positive repels positive; remembering always that positives push, and drive, and *scatter*, and negatives pull, and draw, and *concentrate*.

## STOCKING TREATMENT.

The stocking from the right foot is positive and that from the left foot is negative, and they may be turned wrong or inside out, and applied the same way that the silk handkerchief is applied, and for the same diseases. Perseverance and repeated application of the remagnetized silk will scatter primary cancer *before* suppurated. After cancers or any malignant sore *has* suppurated then the treatment should be *drawing* and not *scattering*.

## FIRE AND WATER,

Or heat and cold, are the natural and simple positive and negative forces in nature, which can be employed with great success in the cure of diseases; but their success depends on the proper use of either as to quantity, and time, and place, and condition of disease. Too much fire will burn and kill, and too much water will drown, and too much cold will freeze and kill; extremes will not do in anything, it is equilibrium, balance and harmony that is needed in everything.

A proper application of fire or heat will cure negative diseases arising from too much cold; and a proper application of water or cold will cure positive diseases arising from too much heat. The practitioner knowing this, and knowing the cause and nature of the disease, can apply the remedy accordingly, using his judgment in each case. These two natural positive and negative remedies and principles of cure, properly applied, are more curative than all the drug remedies in the world, and are the foundation of the Vitapathic system.

## NUTRITION.

It is nutrition that builds up and sustains physical life. But nutrition is not *simply* to eat and drink at random. But nutrition is to take such

proper substances as each part of the body needs. For instance, the bones need lime; the hair and nails need sulphur; the sinews need albumin, from the white of eggs, etc.; the tissues need gluten, from grain; the muscles need febrin, from animal food, etc.. To make fat or fatty matter carbon is needed, such as butter, etc.; the secretions need oxygen, from water; and the blood needs all these, and should contain all necessary constituents of the body.

In acute diseases, which are mostly positive, there is too much of some of the positives in the system, or are in too great activity, and therefore a counteracting diet is required, that is, less food of the kind that is in excess in the system, and more of the opposite kind.

In chronic diseases, which are mostly negative, there is generally too little of the necessary positive food substances in the system, and must be supplied by the proper diet.

In all inflammations and fevers less carbon and more oxygen is needed; the oxygen can best be supplied by water and vinegar and cabbage food.

In consumption, and other negative depleting diseases, carbon is needed, and can best be supplied by cream, and oils, and other carbonaceous foods.

In waste of tissue, as in catarrh, expectoration, leucorrhœa, gonorrhœa, kidney and seminal waste, etc., a glutinous food and drink is needed, such as uncooked wheat and other grains, and raw white of eggs, and all kinds of glutinous food; and they need drinks of flax-seed, and corn-silk, and yerba santa, and trailing arbutus, etc., or some of them. Such food and drink would be very beneficial in Bright's disease of the kidneys, and all *wasting* diseases, and more curative than all drugs.

In weak and slow digestion rice, and sago, and

tapioca, and liver, and such easily and quickly digested food is best.

In weakness and debility of the sexual organs corn tassel, damiana, etc., are best; and for weakness of the womb, painful menstruation, etc., black haw, cinnamon, unicorn root, etc., are the best food and drink tonics.

#### DISEASES OF WOMEN.

In diseases incident to females I need not say more than I have in the *ENCYCLOPEDIA*, only to direct that the principles of cure as taught in these later lessons be carried out as occasion requires.

#### MENTAL CURE.

After all many diseases are of a mental nature and require mental treatment to remove them; the human being dual, both soul and body, produces a great deal of mental power, and that mentality may become deranged and act to the injury of the body; the patient may not know it, nor may the physician discover it without close examination, still the mental disease is there and must have mental treatment to cure it. This deranged mentality is shown in many ways, some will have a hobby to talk about; in men it may be about a discovery or invention, and in women it may be dress, or fashion, or gossip; and in both men and women it may be fear, mistrust, hatred, or jealousy, any of which will injure their health and bring on disease, either real or imaginary. Men injure themselves thinking too much on any one subject, and women injure themselves by talking too much; and to cure either it is necessary to stop so much thinking and talking, and to change the thought and conversation. I have had many lady patients that kept themselves sick and prevented a cure by their incessant talking. This must be controled

and prevented by the physician; let the patient know that the main object is to get well, and that all else must bend to *that*; make them obey orders or cease treating them. The physician must control them or he cannot cure, *indeed*, by their submission and change of conditions and actions they *must* cure themselves. I will give you a few examples in my own practice: Mr. H., an old bachelor, who gave up all society and clung only to one idea, and that was to invent a perpetual motion. He came to me and said there was something the matter with his head; I knew his life history, and at his request examined him very carefully, and diagnosed it softening of the brain, and prognosed insanity, and immediately, if he did not go to working out doors, and advised him to go to farming labor *immediately*. He asked what would be the consequence if he did not follow my direction. I told him it would be hopeless and incurable insanity, and he never could finish his perpetual motion. He went to the country at once, got well, and married a nice woman and raised children; but he never worked out his perpetual motion. Another person, Mrs. F., a middle aged lady, of sanguine, nervous temperament, was a patient at my Institution; she had as she supposed but one ailment, and that was in her stomach; she would sit all day and talk about her stomach, and when any visitors or patients came she must tell them all about her stomach; it was stomach all the time and nothing else. I tried talk and friendly persuasion to get her to stop, and to think and talk about something else, but all to no purpose; at last, one day she came into my office room for the hundredth time and said, "Doctor, what will I do with *my stomach*?" I said, "Well, as it is all worn out and rotten, and nasty and filthy, and everybody is



laughing and making fun about it, and thinking you are such a fool to tell anybody about it, I have concluded the best thing to do is to cut it out, and boil it and make tripe of it, as that is all it is fit for." All *that* made her mad, but it *cured* her from that minute, and to this day she don't say stomach. Another: Mrs. R., an old lady who had been confined to her bed for years, and during all this time taking pills to keep her bowels open, but not taking any other treatment as the case was considered hopeless; one morning I had been called to the house to see a sick daughter of hers, and in coming out I passed through the old lady's room, there she was, helpless and hopeless, in her bed; but she spoke to me with a feeble voice, and said, "Doctor have you any of those good pills of yours?" The voice sounded so gloomy that I thought I must say something funny, so I answered, "Yes, I have some pills that have never been *taken* yet." "Pills that never have been *taken*?" says she, "why, them are the kind of pills I *want*." But the thought was so ridiculously funny that the old lady laughed right out, and got up out of bed and got well without the pills. These and many other similar cases which like these were all cured at one mental treatment, and without medicine, all go to show that we must say or do something to make a mental change in the patient and break up the spell at once.

#### FRIGHT

Will cure in many cases by restoring the equilibrium of the blood and vital forces. A young man traveling out west in a sickly summer was taken down with the western fever of a malarial clime, in a country house in a bed in the front room of lower floor one afternoon, while burning with



fever, and sick unto death, a pet deer of the family where the young man had stopped in his sickness came running home chased by boys, and not finding the front door open, jumped through the window by the side of the sick man's bed; deer, window, and all landed on the floor beside the young man with a tremendous crash, and so frightened him that it cured his fever that minute, and he got up a well man and pursued his journey. Another quick cure by fright: An old man who had been a helpless cripple for many years, and had to be lifted about, was one day sitting in his chair helpless and alone, presently he saw that his house was on fire and burning up and no person there to carry him out; he was so frightened that he got up and walked out and kept walking, and was cured from that minute. I have known many cases of deafness, blindness, and dumbness, and lameness cured by fright, and sudden shock. The enterprising physician will avail himself of the benefits of all good methods of cure.

#### A TRYING MOMENT,

And a cure of insanity. A gentleman visiting an insane asylum went through the building with the doctor superintendent. A gentleman patient who was sane most all the time, but who took spells of a desire to climb and then jump off some high place, so had to be confined for safety. Just then he took one of his climbing spells and followed, *unnoticed*, the doctor and the visiting gentleman up on the flat roof of the four story building. Just then the doctor was called down for a minute, telling the visitor he would be back soon; but while the doctor was absent, and the visiting gentleman was at the edge of the roof looking over, the insane man came up to where he was standing, with

his climbing and *jumping off* spell on him, and taking the visiting gentleman by the arm said, "Let us jump *down*." But with quick and amazing presence of mind the visiting man said to the crazy man, "Let us go down and *jump up*." That took the crazy man at once, and they went down the stairway with care and safety, so as to *jump up*. But the idea was so strange that it effected a complete equilibrium in the lunatic's mind, and cured him from that minute; he did not take any more climbing or jumping spells, but was ever after a well man.

Mentally diseased patients have to be controled by an idea or an impulse, and yet made to do something that they think to be grand, and yet so strange and new, that it will change their whole condition and cure them.

#### SHAME.

Sensitive persons who *think* they are sick can be shamed and talked out of it; tell them it is a shame and a disgrace to have *such kind* of sickness as they have, and people are talking about them, and calling them fools and lunatics; and tell them they are losing friends, and caste and position in society, and getting old and ugly, and losing their *beauty*, etc., by having such a disease; talk them out of it, shame them out of it. Why even a dog can be shamed out of bad habits so he wont do them any more.

The mentally sick must be cured in some way, either by change of thought, or by persuasion, or fright, or by shame, or through religious motives; some require powerful religious influences to affect and cure them; give it to them in their own way as suits best.

All the sick must be cured in some way, and the

skillful physician will use the best means to suit the case.

#### A SURE CURE FOR OPIUM AND WHISKY HABITS.

A tea made of coca leaves sweetened with positive sugar, and drank at meals daily with good resolutions, will cure any person who wants to get cured of these slavish, body and soul destroying habits.

#### SEPTIC AND ANTI-SEPTIC.

In their meaning and effects are but positive and negative in nature, and, as such, belong to our Vitapathic system.

Septic is anything that is positive or produces a positive effect; anything that accelerates motion or produces fermentation, combustion, decomposition, and increases waste. This accelerated action may be so intense and rapid as to *burn* and destroy tissue, produce germ life, suppuration, and blood poisoning. This is all done by too much positive action,—just as too much fire will burn and destroy. This too positive septic action has to be checked and prevented by negative anti-septic action—by proper anti-septics—or the physical body would soon be destroyed. And here comes in the grand positive and negative septic and anti-septic remedies and principles of the great Vitapathic system.

Then to find and use the best anti-septics is the desideratum in this part of the Vitapathic practice. There are many anti-septic substances of various degrees of power and adaptability, and it is best to select them as best suits the case and purpose intended.

#### FOR EXTERNAL APPLICATION.

The gum-camphor and the oil of sassafras in our vital oil is very convenient and beneficial in in-

inflammations, pains, etc. The oil of eucalyptus is excellent to apply to malignant, eating sores, such as open cancers, etc. The oil may be mixed with olive oil to modify and soften it. The fluid extract of the eucalyptus may be applied instead of the oil, and may be diluted in water to suit in any suitable case, either as wash or gargle, or by injection to parts of the body; and may be used externally or internally. Strong sanative tea may be used in a similar manner. Borax, boracic acid, and many other anti-septics, can be conveniently applied externally to stop decomposition, action, and pain.

#### INTERNAL APPLICATION

For all internal use for general purposes, and for purifying the blood, the continued use of sanative tea and negative sugar by at least a teacupful of the sanative tea and a half teaspoonful of the negative sugar in it at every meal, will act as a mild anti-septic, and thoroughly purify the blood of all septic disease. There are many other anti-septics: but to have a thorough anti-septic for all purposes, both for internal and external use, and one that will check all undue action of fermentation, combustion, decomposition, suppuration, waste and decay in everything, is the desideratum of life. An anti-septic that will prevent decay and preserve life in all vegetable and animal substances, and thus ward off death itself, is what I have been looking for for many long years, and after much experiment and expense it seems to have been found at last. The great

REX MAGNUS,

Or mighty king and ruler over decay and death  
has been found, and the next step must be

## PHYSICAL IMMORTALITY,

And this complete anti-septic is what is now well known as

## SALICYLIC ACID,

Which, if properly manufactured so as to get a pure article, and properly employed, will and does *do* what we expected it to do. As we have it combined with cream of tartar in our negative sugar it is a very convenient and beneficial form for internal use in purifying the blood, and for checking inflammation, fever, and pain, as well as preventing fermentation, decomposition, and decay. But to its

## GENERAL USE.

Two grains of this "Rex Magnus" in a quart of water will keep it sweet and preserve it for a long time; two grains to a pint of any aqueous distillation, or fluid extract of vegetable substances, will preserve it better than with alcohol or sugar, and a little more will preserve canned fruits, etc.; one grain to the pound will preserve lard; two grains to the pound will preserve butter better than with salt; four grains to the pint of water and enough of this solution made to *cover* meat for a few days will preserve it fresh and sweet without salt; or it may be wrapped up in a thick cloth wet in the solution, and preserved in that way. For fish and fowl about the same process will preserve them. Eggs in the shell require a stronger solution, and to be kept in longer than meats, or about a week. This principle and method of preservation may be carried out indefinitely; it is only necessary to get a pure and properly made article of salicylic acid, and employ it in a proper manner, to suit each case.

## EXTERNAL USE.

In all mucus discharges, as in catarrh, leucor-



rhea, gonorrhea, etc., it may be applied to the parts in a solution of water or our sanative tea in about ten grains or more of the salicylic acid to a pint of the liquid, some of which may be used two or three times a day, and some of the dry powder may be snuffed up the nose for catarrh.

In open cancers and malignant sores the salicylic acid may be put into flax seed oil or eucalyptus oil, or in any poultice, and applied to the sore, and renewed once or twice a day, as occasion requires. In a

#### CARROT POULTICE

Is an excellent way to apply it to any malignant sore or gangrened place, and is an excellent dressing for cancer. Fluid extract of eucalyptus, *thickened* with salicylic acid, makes an excellent cleansing anti-septic dressing for cancer and any malignant sore.

#### INTERNAL USE.

Salicylic acid may be taken internally in small doses, daily, or in the negative sugar, for purifying the blood and for general anti-septic purposes, and may be taken in much larger doses for a *few days* on special occasions, by increasing the frequency and size of the dose of negative sugar, which may be given as often as every hour, for the first day or two, in high and rapid inflammations and fevers, such as diphtheria, small pox, measles, scarlet, spotted and yellow fevers, and acute inflammatory rheumatism, syphilis, mad-dog bite, snake bite, and any blood poisoning.

#### POSITIVE AND NEGATIVE SIDES.

I have taught pretty fully in the *ENCYCLOPEDIA* that the right hand side of a person is positive and the left hand side negative, and that the positive throws out and the negative draws in. This is



very important to know so that the proper hand may be applied to the proper place and in a proper manner, so as to produce the result desired, and thus all graduates of Vitapathy can understand and apply the positive and negative treatment successfully, as conditions require. But I have now something, if possible, still more important to teach. It is now an established fact that positive persons are positive at their *front* side and negative at their *back* side; and it is further ascertained that negative persons are negative at their *front* side and positive at their *back* side. Men are mostly positive in *front* and women are mostly negative on their *front* side. This fact, being known, will enable the Vitapathic physician, no matter what his temperament may be, to successfully treat, magnetically, any patient, no matter what their temperament or condition may be. Here is a secret to wonderful success in curing the sick, no matter what their disease may be.

#### EXAMPLE.

The positive temperament physician knows he is positive at his front side and negative at his back. He then examines his patient and ascertains his temperament and negative and positive sides. If the patient is also positive at the front side, *same as the doctor*, then the doctor must stand or sit facing the patient's *back* or negative side, and must *not touch* the patient's positive side. Again, if the doctor is negative in temperament and negative at his *front* side, and the patient is the same, then as before the doctor must face the patient's back; but if the doctor is positive, as most men are, and the patient negative, as most women are, then they will both be *right to face* each other, and the closer they stand together the

better. If they let the positive side of one and the negative side of the other touch the whole length of their bodies (through the clothing) the cure will be made all the quicker, and if the *bare* flesh was applied to *bare* flesh all the better. With the full knowledge of these facts the intelligent physician can perform miracles in curing the sick and raising the dead.

#### EXTREMES.

Some sanguine inflammatory positives are so very positive that they are nearly all positive, even on what should be the negative side; they are somewhat like the woman's husband who, she said, was "drunk all the way through."

In treating these very positive persons the positive doctor must stand away off and not touch the patient; and so with the negative doctor, he must keep away from the negative patient. But if the doctor is positive and his patient negative, or *vice versa*, then the closer they get together with their proper sides the better and the quicker the cure. Indeed, positive sides to negative sides will soon cure almost any disease without other treatment, just by equalizing the vital forces, and establishing a healthy equilibrium. For health is a proper balance of the vital forces throughout the entire human system.

#### MIDWIFERY.

Although I have given plain lessons in the *ENCYCLOPEDIA* on this subject, yet for the special benefit of the Vitapathic physicians I want to add some further and still more radical instructions on this important subject.

*First.*—The lady should be of proper age and size, and no mal-formation or impediment in the way. This should be ascertained by a competent

physician or midwife; no woman should run any risks or take any uncertain chances.

*Second.*—During the last months of her pregnancy she should drink daily sanative tea and negative sugar; and for the last two months she should take tepid water sitting baths every evening; and if there is any inflammation, irritation, or discharge about the parts, she should take corn silk tea daily. It would also be well if she could be treated magnetically occasionally by some good Vitapathic physician; in this manner she reclines on her back (better with head to the north) while the V. D. treats her for about a half hour, with his right hand on the pubes and his left hand upon her forehead.

*Third.*—About two weeks before her expected confinement she should drink daily a strong tea made of blue cohosh root, (or if the tea is made of the fluid extract, about one teaspoonful should be used to make a cup of tea,) sweetened with our positive sugar. Or she should take some good parturient balm.

*Fourth.*—When the time has arrived and labor pains have commenced, she should see that her bowels are well open. Have her bed all prepared and ready, with her head to the north; then have more and stronger blue cohosh tea to drink, and keep her warm and relaxed, then she will be ready for business, and she must be told and made to understand that she has the work to do herself. And here is the main point that I want to fully impress on the physician and upon the woman, *that she herself has to expel the child and deliver herself.* She is not to hold back and *pull back* at every pain, but she has to use each pain by pressing down. This is what the contraction of the

fundus of the womb is for, to help her expel its contents, and this effects a quick delivery.

*Fifth.*—The doctor or midwife has to see that there is a proper presentation, or turn it and make it so; and to see that all is right and doing well. And he must encourage the woman and explain to her that she has to do the job by pressing down at each pain or motion, and thus make all quick and easy, and have it all over before the woman becomes exhausted and the pains cease.

#### THIS IS THE SECRET OF SUCCESS.

But if the case has been badly managed or delayed from any cause until the pains or motions cease, it is not even then best to resort to the use of forceps as so many reckless physicians do, and by which many women and children are killed. No instruments are needed and should not be used. All that is necessary to do is to wait and let the woman rest, and recruit up a little by giving her some nutritious drinks and easily digested food. She may have some red raspberry leaves tea, sweetened with our positive sugar; or may have some tea of corn smut, *ustilago maidis*, or a teaspoonful of its fluid extract, sweetened with our positive sugar, and given every half hour or less until the pains come on regular, then the doctor must see that all is right and must encourage the woman to help herself, as we have before explained.

#### INSTRUMENTAL DELIVERY

Is always dangerous and should not be practiced. The reckless surgeons of this city have killed so many women and children by the use of these instruments that women are getting afraid of their use, and send for women midwives who do not use instruments, until nearly all obstetrical cases are

attended to by female physicians. The Board of Health statistics show, and it has been so published, that five out of every six children that are born in the city are assisted into the world by women midwives; and nearly all are born with complete safety to both mother and child, and without instruments. When the delivery is made so much safer in the way nature intended why is unnatural instrumental treatment resorted to? Only because the ignorant physician and butchering surgeon choose to use them, regardless of consequences, just as they do in many diseases that could be cured much better without instruments than with them; and these bold, ignorant physicians, and reckless surgeons have the audacity to say there is no other way but to use instruments.

#### A CASE.

In the first year of my practice, thirty-eight years ago, I was called to assist two older physicians to deliver a small woman who had been in labor for two days; she, having had no instruction or assistance from the doctors, had made no proper use of the pains, and finally became exhausted, all pains and motions having ceased; they were using instruments when I got there, and were resorting to craniotomy, and had already broken in the child's skull; and finally succeed in removing the destroyed child in pieces, and the woman barely lived. But the old doctors bragged how well they had done. Had succeeded in taking the child away in pieces, instead of helping the mother to deliver it alive and safe two days before, as they should have done.

Two years after that I delivered the same small, and, as the old doctors said, deformed, woman of a fine large healthy boy, after but two hours easy



labor, without forceps or suffering, or risk or danger to either mother or child. I simply instructed and assisted her to do her *own* work in an easy, safe, and quick manner. She did not have any previous preparation, nor did I give her any teas, or medicine of any kind; and there is no need to give teas or medicine of any kind if the case has been properly attended to; medicines like instruments are worse than useless, they are dangerous; and in my extensive practice of a long life time, in all the numerous obstetrical cases that I have attended to, I managed the same way, and with the same success, excepting one case of a very positive woman who was so contrary that she would not press down as I desired her, but continued to *pull up* for two days, until at last I prevailed on her to follow my directions, then, when she did so, all was over with safety and success in a few minutes. I have delivered many women in less than a half hour from the first pains, with ease, with safety, and success, and some in less than ten minutes, and never used medicine or instruments in any case in my life, and always did better without them than other physicians did with them, for I never lost a mother or child in all my thirty-eight years of practice.

N. B.—If there is room for the child to be born *with* forceps, there always is more room for the child to be born *without* them; and the proper use of the natural motions and contractions of the womb are always the best means of delivery.

For further directions for the proper attention to mother and child see the *ENCYCLOPEDIA*.

P. S.—If the mother has taken our negative sugar before and after confinement, and kept from taking cold, it will prevent childbed fever, bealed breast, milk leg, or other sickness. It would be well to wash out the vagina after delivery with a



weak anti-septic solution of tepid water with a little salicylic acid in it; and a little salicylic acid may also be used in any wash-water.

#### KINDNESS CURE.

Whatever other remedies and methods of treatment may be employed in curing any disease of body or mind, kindness and sympathy must always be an essential part of such means. All people, at all times, need and prefer kindness; kind words and kind actions always exert a beneficial influence on all living beings. Even the most ferocious animals can be controlled by kindness, and how much more should human beings be controlled by the same invincible power, and especially the sick and suffering, the hopeless and despairing, on whom all medical aid has failed; then kindness comes in with its power of healing, and soothes and encourages the hopeless invalid, and brings new hope and new energy and power and WILL, and the patient cheers up and gets well, all through and by the magnetic power of kindness.

#### LOVE CURE.

Love is something still higher and holier and more powerful than kindness, and partakes more of spirit than of matter, and exerts its influence more on the soul than on the body. Love is the Balm in Gilead, the all potent panacea for all soul sickness, and when it can be applied on the true positive and negative principles, *that is*, by the positive to the negative, or by the negative to the positive, as nature has arranged it in the sexes, then there is no derangement of mind or body, no heartache or soul pain that pure holy love will not cure. All love is holy and should be so considered and so received, and when so given and so received will always do good. Holy love is the

acme of perfection and power, and is the crown of angelhood.

#### RELIGIOUS CURE.

Religion of whatever kind or form, or belief, always exerts a powerful influence over the devotee, and especially over females, and this fact and this power can be employed by the kind, loving, skillful physician with wonderful success in the cure of disease. All sick people need a controlling power greater than the power of the disease, that will break up and destroy the power of disease, and change their condition from disease to health, and nothing will do it better than the strong power of a full religious belief; no matter what kind of religion it may be, or on whom it may be centered, it is all the same to the sick and suffering, so that there is a strong and full and sincere religious sentiment pervading the nature and system and constitution of the patient. It is the full power of religious sentiment that is required to make a success in this method of curing disease.

#### PRAYER CURE.

Prayer exerted by a sincere religious person, no matter in what he may believe or to whom he may direct his prayer; whether the person or thing addressed be real or imaginary, it is all the same to the patient, so that he is sincere in his religious sentiments, as he does the work himself, assisted no doubt by the magnetism and desire of friends around him, still it is mainly his own act that makes the cure. Prayer requires action and energy, and the energy put forth arouses up his dormant faculties and concentrates his mind, and thus makes an entire change in his system, thus changing disease for health by his own energy and power of will. The patient fixes a time in his own mind at what

time the cure will be made, and he gets ready for it, and as the minute arrives he accepts the conditions and makes an effort to walk, and thus fully assumes healthy conditions, and they come, and he is cured, all by his own spiritual and physical exertions.

#### FAITH CURE.

Faith is necessary to the doing of anything as well as to the curing of disease. Not that faith cures so much as that it gets the patient ready and willing to be cured by the means employed. If persons have not faith in a means of cure they would not employ that means, as faith is needed to prompt them to use the means.

The patient must have faith in the doctor, and in the means he uses to cure the sick. So faith is really needed to pave the way to a cure, and to prompt the patient to energy and action in the processes of cure.

Faith rouses up the dormant energies of the sick and desponding, and makes him use the means that he believes will cure him.

Faith is needed most of all in oneself, and in ones own efforts to help oneself.

Faith in ones own energy and powers of recuperation is the main lever and power in self treatment and self cure; and, if properly employed, "faith will do its perfect work." Religious sentiment, prayerful effort, and faithful confidence and full reliance may assist to prepare the way and help to make the cure. Still cures have been made *quicker* without religion or prayer or faith than with them; for instance, a sudden fright has often cured when all religion, prayer, and faith had failed. A sudden fright or shock to the system has made the necessary change of conditions

in the patient, and restored him to health immediately. Many instances of the kind are recorded, and the success of that kind of a treatment is an established fact. Sudden joy, as well as sudden grief, have often made the necessary change in the patient, and thus effect a cure before he had even time to bring into use either religion, or prayer, or faith. But whatever the means employed, the change must be made before there can be any cure.

Dead persons have been restored to life by a sudden shock caused by firing a cannon, and some by falls, and some by railroad collisions, and some by merely opening the coffin roughly.

#### THE SECRET OF CURE

Is to change existing conditions in the sick, and for this purpose the safest and best methods have to be employed by the skill of the best physicians who understand the necessity of this change, and know how to use the best means for its accomplishment; whether the means be medicine or food, or water or air, or heat or light, or electricity or magnetism, or vital spirit or vita, it should be employed through kindness and love on the part of the attending physician. The patient may exert and employ all his religious nature and sentiment, and all his prayer faculties, and all his faith in the means used, yet the one thing needful, and the secret of all success, is *change*. That change may be made by the persuasion of friends, or by certificates of cases of the same kind, made by the same means as is *now* offered to the patient; persistent, persuasive talk, and other proof will do much to make a change in even the most stubborn. The doctor's visits; his pleasant words and kind treatment will do much to make the necessary change,

The treatment, of whatever kind, and especially electricity, can be made to effect the change needed. Magnetism or mesmerism can be made to effect the change; or sleep produced by natural or artificial means can be made to effect the change in this way: When the patient is in either a natural or mesmeric sleep he can be suddenly aroused, and shocked and frightened by some one firing off a pistol or gun close to him; this may make a sudden fright and a quick cure.

#### RELIGIOUS EXERCISES

May do much to effect this necessary change and help the cure, as will be more fully explained further along under the head of "conversion."

#### MESMERIC CONTROL,

Or any degree of control of one person by another, or by himself, we now class all under mesmeric control; and it is this control and its effects, and how to take it off and remove it entirely, that we wish here to speak of, so that it may be fully understood and managed. Some persons are so easily influenced that common conversation will do it, or even a look, or sitting beside some magnetic person will do it. The preacher may influence some of his hearers during his sermon; or during treatment the physician may influence the patient, unknown to either doctor or patient; and during the sitting at a spiritual circle, or sitting to be mesmerized by an operator, the person may become influenced *seemingly so lightly* that neither themselves nor anyone else is aware of it.

#### CAUTION.

All such persons should have a little throwing off treatment by upward passes by the controlling operator, who should say, "All right," as he



touches the sitter with his upward *throwing off passes*. Although this influence may be seemingly so light that it is not noticed at the time, but it may not wear off of itself for weeks, and may produce fits, spasms, convulsions, mental derangement, and obsession.

It is these persons that are so easily influenced that they nor any one else are aware of it that are in danger of mental sickness and obsession; these are the helpless ones, and should have our especial care and kindest protection. These persons are generally known by the shape of their heads, small individuality, small causality and human nature, small self-esteem, and small continuity, with large spirituality, hope, and reliance.

#### EASY CONTROL.

These persons can be so easily controlled, unconsciously to themselves, by the skilled operator who knows how to select his subjects, that much good or harm can be done as the operator desires.

#### KNOWLEDGE IS POWER,

And especially so in this case, and only the wise and the good should have this knowledge and power. Still this power should be known and employed for the good of humanity; parents should know how to employ it on their children; teachers on their pupils; ministers on their congregations; generals on their soldiers; employers on their employees; and officers of the law on criminals; and thus much good could be done to all classes, and much crime and misery prevented. And especially should physicians understand the use of this

#### MENTAL POWER

So as to employ it in controlling their patients and curing their physical, mental, and spiritual diseases,



for it is not drugs that cure. Every physician should study his patients in their phrenology and temperaments. In their temperaments to know how to diagnose their disease or diseases, and to know what treatment to apply in their case; and he should study their phrenology to understand and know how to control them, and to make the necessary "change" so as to quickly cure their diseases.

#### HOW TO CONTROL.

*Rule first.*—When persons are of the same temperament they should not sit or stand close together, and should not touch, but the farther off the better, so they are within sight or hearing, or communication in some way, and the means of communication should be opposite in positive or negative conditions to them. For instance, if the operator and the one he wishes to operate upon should both be positive in temperament, the means of communication between them should be negative, such as a drink of water, or some negative thing to eat, such as a green apple, or sour orange, or a cucumber, or watermelon.

*Rule second.*—If the operator and the one to be operated on are both negative in temperament they should keep apart as far as possible so as only to be in sight and hearing, etc., and the means of communication between them should be positive in condition, such as butter or cheese, or animal fats and oils, nuts, spices, etc.

*Rule third.*—If the operator and the one to be operated upon are of opposite temperament, whatever that may be, then the closer they are together all the better, and they need no article of communication only their own personal touch.

## UNCONSCIOUS CONTROL.

Indeed, all general control is or may be unconscious to the *subject* and sometimes to the *operator*; and especially is it unconscious to the easily impressed and sensitive ones of whom I have before spoken; and many persons can be controlled best by being ignorant of any intention of any person to control them, for often such sensitive persons are so timid and fearful that they would resist if they knew that some person was trying to control them, *unless they had been consulted on the subject and had consented to be controlled*, in which case it would be easy, pleasant, and successful, for willing consent and confiding reliance is essential in all cases of conscious control.

## SECRET CONTROL.

The skilled operator may direct his magnetism and concentrate it on and into the subject by his own will power, by looking into the subject's eyes, and by pleasant words directed to the subject with the purpose to influence; and he can do more by mind or thought passes, as it were, directed to and down over the subject's head and upper part of his body; these mental passes *downward* will assist much to put power on the subject, and mental passes *upward* will assist to take the power off. Thus we can magnetize and demagnetize some persons as we wish, and all unconscious and unknown to them.

I have often controlled infants unconsciously to them and made wonderful cures, almost, as it were, raising some from the dead. Infants and children may be touched and thus treated in the most favorable manner, as they do not know what the doctor is doing, and may be quickly cured in this way after all else has failed and they given up to die.

## AN INSTANCE.

Mrs. M.'s six months old baby was dying with inflammation of the stomach and bowels; all medicine and good nursing had failed, and the doctor pronounced the child actually dying, and the mother was holding it on her lap as it was breathing its last; just then I, who had been previously sent for, arrived. The mother said to me, "Doctor, it is too late, my child has gone." I immediately put my positive hand to the back of the child's neck over the region of vitativeness to which I imparted my own vital life, and thus revived the dying child; and I put my negative hand, palm down, flat over the child's bare stomach and upper bowels, and held it there until I had pulled the inflammation out, and had in the meantime imparted life to the back brain by the positive hand as previously stated; and having breathed my vital breath close to the nostrils of the child, it revived and lived, and in a half hour from the time I commenced treatment it was sleeping a natural healthy sleep, and was well from that hour and still lives. Older persons in many instances have been treated as well and as successfully, in my practice, and the same is now being done by my pupils and graduates of Vitapathy.

## CONSCIOUS CONTROL

Is when the subject is fully aware and has consented to be operated upon, and even co-operates and assists to produce the mesmeric sleep or spell on himself, and this way is best for all public exhibitions of mesmeric power and control.

The methods of producing an effect on willing subjects either by psychology, mesmerism, or magnetism have been fully explained in the *ENCYCOPEDIA*, and need not be repeated here only to describe

the kinds and degrees of influence. Thus, psychology is a quick effect on the soul, and is used mostly to produce a light impression on the mind of the subject without his knowing it.

Mesmerism is a deep control of the body and mind, and is generally with the knowledge and consent of the subject, and is used mostly to control his bodily actions. This mesmeric sleep may be carried far enough to produce unconsciousness to bodily feeling, so that dental and surgical operations can be performed with ease.

Deep bodily mesmeric sleep with active soul power constitutes good clairvoyant conditions, which by practice may become a science and a success.

Magnetism is a more general term, and may be applied in many ways and to a varied extent, and may come from many things. Thus we have mineral, vegetable, animal, human, and spiritual magnetism, so named from the different things through which it comes. But all magnetism primarily is but one thing, and comes originally from one source, although it may use many mediums or conductors. Its use is governed by general principles, and the same rules should be observed for taking it off the human subject as I have mentioned in the lessons on mesmeric control.

The uses of magnetism, both as applied *directly* to the patient and also through any substances, has been pretty fully expained in former lessons, and all physicians should thoroughly study and understand and know how to use the wonderful power of human magnetism, then they can employ it on every person, more or less, and generally unconsciously to the subject. Wonderful is the power of magnetism.

## SPIRIT CONTROL.

Is still more wonderful. As I have explained in former lessons what spirit is, and where it comes from, etc., I have only to add some fuller lessons on how to use it.

Spirit being all positive finds its mate in matter, which is all negative: Spirit does not therefore have positive and negative ends and extremities, nor does it need two hands or handles or electrodes as does magnetism and electricity. But spirit being all positive goes out by its own positive force and *positiveness*. Spirit is not generated by chemical action and friction as is electricity, nor by rubbing and passes as is magnetism, but has a law of its own for accumulating its power, and this first by contraction and condensation, as I have previously explained in my lesson on collecting spirit from sunshine through a properly constructed condensing lens. But now the lesson goes higher, and draws, condenses and employs spirit from air, and from all sources of spirit, whatever and wherever that may be.

## CONCENTRATION OF SPIRIT.

The concentration of spirit from the atmosphere and from human beings into oneself can be made at one and the same time by one and the same process, by

## HUMAN MEANS,

First, by making gathering passes through the air with the hands, and with each circular sweep of the hands bring them and the spirit from the air with them direct to the nostrils, there to be breathed in with strong inhalations, the person making one of these ingathering passes at every breath, using and exerting the will and desire at the same time to assist in the process. This pro-



cess will spiritualize the person who properly applies it, and will fill him full of extacy and power; then if he will direct that power to any part of his body by the concentration of his will power he will cure any disease or weakness that may be there; thus the sick can cure themselves by spirit power, and more, a person in this spiritual condition can by force of his will or own soul power direct his thoughts and consciousness away from his body, and can therefore render his body unconscious to pain, and can have surgical operations performed on him without pain or unpleasant sensation; the only thing needed and the secret of success is to make the will or soul power to control all thought and bodily sensation.

Some persons can produce this condition very easily, but others have to practice long and hard before they succeed; but knowledge and faith and perseverance will win.

Impressible mediumistic persons succeed the best, but practice will make perfect in most all cases, and thus self control or statuvolence be a success.

#### CIRCLES.

In magnetic or spiritual circles there is a general concentration of spirit by the circle, which may be intentionally or otherwise thrown onto some sensitive person in the circle, and they go into the extatic or trance condition and be thereby developed as a medium; sometimes several in the same circle may become spiritualized and developed as mediums. The more harmony and unity of purpose and concentration of spirit there is by the circle the better will be the results.

#### REVIVAL MEETINGS.

Religious revival meetings are conducted on the



same general principles, and with about the same success as spiritual circles. The sensitive and impressive ones are influenced and become converted, "get religion;" some become highly spiritualized and extatic, and shout for joy from their pleasant feelings and new delight; some go into a trance, and some become clairvoyant, just as mesmeric subjects and spirit mediums do, and all from the same or similar causes.

The good, magnetic, warm hearted spiritual minister preaches and throws out his spirit magnetism on the audience (as I have done many times with the best results). The good brethren and good sisters pray and sing, and desire that good may be done; then, when conditions are about right, there is a general invitation given for *seekers* to come up front so as to be within the spirit circle and magnetic power of the good men and women forming that spirit circle around the altar. The sensitives come up, and some are hunted from amongst the audience and led up to the circle of power, and when there the preacher and the brothers and sisters composing that magnetic spirit circle gather around the sensitives and talk to them, and lay their hands on them, and thus mesmerize or magnetize or spiritize them, and make them feel as they want them to feel, and cheer them, and tell them that is the spirit power that they feel, and they are being converted and saved by this power, then the convert soon "gets religion," and is happy in his belief; this effect is very beneficial. I have often cured persons of tobacco using, and whisky drinking, and of swearing, and of other immoral habits, as well as having cured many sick persons of their diseases of body and mind, and have changed their whole nature, physically and spiritually, and thus benefitted them in both body

and soul, and made them as it were "new creatures." This has all been done by the processes that I have explained or employed in mesmerism, magnetism and spiritism, and done too by the use of science, human knowledge and power. Religionists have never done more, or ever claimed to do more.

#### THE POWER OF SPIRIT

Is a wonderful power, and is the highest of all power. Much has been done by it even in our human ignorance when none yet understood the power, nor knew how to use it; but now, when the light is dawning on the world through the Vitalpathic system, and mankind is learning to understand and use the wonderful power of spirit, what grand results may be expected. It will be easy to prevent sickness, cure diseases, instruct the intellect, purify the soul, and save body and soul both, and make perfected man immortal!

Religion and science united can save soul and body both; but neither alone can save either,

#### HOW TO USE THE POWER.

I have already explained much more than has ever been taught before by any person; and yet we have much more to teach; we have yet to go much higher in our lessons of power. Of all the grand lessons that I have given the grandest is yet to come, and the secret of all secrets is yet to be revealed, and as I write its immensity looms up to the highest pinnacle of the universe.

#### SECRET OF POWER.

Every human being has more or less of a religious sentiment, no matter how ignorant they may be, this is caused by the shape of the head, and each head has a religious organ of some size, which is known in phrenology as the organ of veneration

or reverence, or as I teach it the organ of elevation or aspiration, and is located on the top of the head between the organs of benevolence and firmness. Here is the gateway to the upper mansions of the soul, and the seat of all religious aspirations; here is the door to all religious conversions and spiritual control; and this secret is the key to all power.

#### THE SECRET REVEALED.

Any intelligent person who has learned Vitapathy and understands the processes of mesmerism, magnetism, and spiritism, as I have taught them, can easily apply the power to and through this religious organ of exaltation, and thus control the subject at will and make conversions and cure disease *ad infinitum*.

#### GUIDING FACTS.

It is now a well-known and established fact that the human brain is divided into certain convolutions or organs, each organ having its special office or faculty, and it is known that when any of these organs are excited and energized by the will power and by the controlling operator rubbing with his right hand that part of the head over the organ that he wishes to excite and control, that *that* organ so excited will act out its faculty with tremendous power, and be the all-controlling influence on the subject while so excited. This fact gives us the key to much power that can be used for many purposes, and to do much good when rightly employed by the conscientious and skillful operator. And especially can this controlling power be exerted through the organs of veneration and exaltation more than through any other organ in many persons—

*First*—Because it is located at the top of the brain.

*Second*—Because the skull is thinnest there.

*Third*—Because it is the open door to the soul.

*Fourth*—Because it is the principal organ of the soul.

*Fifth*—Because it is the religious organ.

*Sixth*—Because it connects us with all that is spiritual.

#### CONTROLLING PROCESS.

Any person that has any reason or excuse for touching any person with his right hand on the top of his head can use this power unknown to the subject. Nurses can use it on children, teachers on pupils, barbers on customers. phrenologists on those whose heads they are examining, physicians on their patients whose heads they have occasion to handle or touch, healers and magnetizers on those they are treating, mesmerists on those whom they mesmerize, lovers on those they caress, and preachers of all others can use this power on those they preach to—

*First*—Because the subject has confidence in the preacher.

*Second*—Because the subject has reverence for the preacher.

*Third*—Because the subject has religious sentiments.

*Fourth*—Because this organ is the gateway to his soul.

*Fifth*—Because the good members are helping the preacher.

*Sixth*—Because it is common and popular to get religion.

All these advantages the preacher has over all other operators; no wonder then that they sometimes after long and protracted efforts make some converts; but the wonder is, that under all these

favorable circumstances, with the help of the good brothers and sisters with their songs and prayers and talks and magnetic touches to the penitent, and all aided by the harmony and power of the spiritual circle and concentration of force around the altar, that more conversions are not made, and that more people do not "get religion."

#### THE REASON WHY

Is not because the power is not sufficient and ample to control and convert everybody, but because the operator did not know what the power was, or how to employ it. But that something has been done by those who did not know the power, nor how to use it, what may not be expected when the power is known, and men have learned how to use it. Can there be any limit to its success? Is there anything it cannot do?

#### ITS UTILITY.

By spiritual power through this religious organ parents can control their children and make them virtuous and good; teachers can control their pupils and make them obedient and moral; officers can control their prisoners and convert them to morality and good works, and do away with crimes and prison houses; physicians can control and convert and cure their patients of any disease of body or soul; lovers can control and hold in the bonds of love their loved ones, and thus all be happiness and peace; husbands and wives can control and harmonize each other, and properly place and regulate each other's affections for each other and for their children, thus making peace and happiness for all. Then there will be

## LOVE AT HOME.

There is beauty all around  
 When there's love at home ;  
 There is joy in every sound  
 When there's love at home.  
 Peace and friendship there abide,  
 Smiles abound on every side,  
 Time doth softly, sweetly glide,  
 When there's love at home.

In the household there is joy  
 When there's love at home ;  
 Hate and envy can't annoy  
 When there's love at home ;  
 Roses blossom at our feet,  
 And earth seems a garden sweet,  
 Making life a bliss complete,  
 When there's love at home.

But preachers of all others can use this power to the best advantage and do the most with it in harmonizing and converting all people to good words and works, because they have the best opportunity to reach the people in their congregations through their religious sentiment and through this religious organ—through preaching, praying, singing, and touching.

## SPECIAL DIRECTIONS.

As this process leads to wonderful power, I feel that it is best to give some special directions so that the power can be fully applied and successfully employed.

## DIRECTIONS.

Let the operator, whoever he or she may be, or on whomsoever they may wish to operate, stand or sit at the subject's left side, and place his right



hand on the organ of veneration of the subject, placing his right hand so that his finger ends will rest on the right side of the head of the subject over his organ of spirituality, and the end of the thumb over the corresponding organ of spirituality on the left side of the subject's head; this will let the palm of the hand rest on the top of the subject's head over his organ of veneration and exaltation, as before located and described. The operator may touch one or both hands of the subject with his left hand, or he may place his left hand on the subject's organ of individuality, just above the upper end of the nose; or the operator may not use his left hand at all, especially if the subject is negative in temperament to him, or is pretty well influenced already, but he may talk and sing pleasantly and may rub and pat kindly and lovingly the top of the head of the subject with his right hand as he holds it on the subject's organ of veneration, as before described.

All this can be well done in less than a minute by the skilled operator, and wonderful results accomplished thereby. Parents, and teachers, and others may repeat the process daily until they gain good control and success, and so can preachers at their *protracted* meetings.

#### GETTING UP THE POWER.

People of all classes and beliefs are in the habit of meeting together for some purpose, some for preaching, some for prayer meeting, some for spiritual meetings, and some for spiritual circles, and all would like to do the most good, learn the most, and get up the most power, and feel the most spiritual power and happiness—for knowledge and happiness is what all are seeking for. And I will tell them now how to get the most of it and how to get the most spiritual power.

## PROCESS.

When the friends have met let them sit as near as is convenient in circle, all sitting to face the center of the circle. They need not touch each other, but should clasp their hands together letting their feet touch, and each should breathe in full strong breaths of air and spirit at each inhalation. And it would be better if each positive and negative, or male and female, should sit alternately. Then, having selected some strong, healthy magnetic person to be leader of the band or circle, he should take his place in the centre of the circle, and should deliver short spiritual speeches, alternating with the circle, who should sing occasionally, and all should keep inhaling spirit as I before directed. And the leader should frequently go around and touch the sitters with his right hand on their organs of spirituality and exaltation, and excite them to action as I have before directed ; and the leader may also speak encouraging words to them, telling them that they will soon feel the spiritual power. Let the meeting last about an hour or so in a well ventilated, rather dark, quiet room, and soon the good work will begin. Some will be influenced in a few minutes, and some at the next meeting, and so on. Spirit is the source of all power, and this is the best method of concentrating and employing it.

## CONVERSION.

The word conversion carries with it a fullness of meaning and power of the most unlimited sweep and greatest importance, and in effect ranges all the way from a simple change of opinion to the most thorough and radical change in our whole nature. even to what is called the "New Birth."

## IMPORTANCE OF CONVERSION.

Conversion is necessary in some degree in all stages and conditions of life. The child who is learning is constantly being converted to new opinions, new truths, and to new knowledge; and so with persons of all ages, for all are still learning and being continually converted and changed in feelings and in opinions and actions.

All who are sick and are improving in health are being converted, not only in their opinions but also in their actual conditions, both physically and spiritually, and are being converted to more confidence and more faith in the doctor and in his means of cure. A thorough conversion results in a complete cure, either then or soon after; and the best way to cure the body is to convert the soul first, then the soul of the patient helps to make the cure.

## SPIRITUAL CONVERSION,

Or what is generally called religious conversion, is the most important of all because its effect is upon the soul, the most important part of man, and also, because the soul controls the body and makes it better physically, and benefits its whole nature both for health and morality; and the proper way to cure the body of any disease or immoral condition *is* to convert the soul, and *convert* it to the system or belief or doctrine employed to cure them. Full faith in the system practiced and in the means employed to cure and save is an essential part of conversion. Conversion is then a SAVING CHANGE.

## HOW TO CONVERT

Is therefore a very important question, and there is a certain process for this as well as there is for everything else, and that process can be learned

and practiced as well as other things can be learned and practiced, and made successful as other things are made successful; so can conversion be made successful. This has been done in millions of instances, and to a great extent even by persons who did not understand the use of the power, or the law of its operation, how much more successful therefore can they be who have learned the power and the method, and who use the law of its operation. And now to understand that power we must know and accept the fact that nature furnishes the material, and that human beings have to construct and build and do whatever is done.

Nature is composed of spirit and matter; spirit furnishes spirit to build the soul and all spiritual things, matter furnishes matter to build the body and all material things, but human beings have to be the builders. We breath spirit from nature to build the soul, and we eat matter from nature to build the body. Life's processes commenced low down in the scale of being, and built *itself* up. It is just as human to use spirit to construct the soul as it is to use spirit to cure the body, or as it is to use matter to build the body, or as it is to use matter to build the church or meeting house to convert souls in: all is human. Humans build the church and preach and sing and pray in it to convert the soul; physicians build hospitals to cure the body in; and ministers build churches to convert the soul in. Physicians cure the body by human means; and the ministers convert the soul by human means. The minister is as human as the physician; and all means employed are human. Both physician and minister have to learn their business, and the better skilled the more successful they will be. Each profession is a *science*,

and must be learned and understood. Physicians are now learning to make wonderful cures, and ministers can now learn to make wonderful conversions; and especially now, when both physician and minister are united in one person in the Vitapathic Graduate, may he be expected to be doubly successful in BOTH. And especially now, when they know all, they can cure all and convert all.

#### RELIGIOUS CONVERSION.

You will now understand that the conversion process *is the* human use of spirit to act upon the soul of the penitent, and thus spiritualize and convert him. Then how to do this is a lesson of the utmost importance, and for this I will now proceed to give

#### ADVICE TO MINISTERS.

Hold your meetings in your church or meeting house in the usual way, or at least in the usual way as far as the congregation can see or *know*, don't let them know anything about the process or power. You having received the congregation very pleasantly as they came in and shook hands with each, looking lovingly into the eyes of each as you press their hand with a strong magnetic, *spiritual* power. Then all being seated around the altar in as near as possible a circular, or rather half circular manner. Then have your pulpit low and near the congregation (don't get away off and up high, and overshoot the mark and waste your ammunition). Then commence speaking by using some low, soft, friendly, sympathizing words, and look at each one lovingly, and throw out your hands affectionately with strong passes of spirit power right on the congregation. Then sing with the congregation some familiar soul inspiring hymn or spiritual song, and thus get up a good feeling



and harmony; then make your prayer short and powerful, and full of spirit. All prayer should be made standing up and looking on the congregation; then give them a short sermon, full of emotion and power, free from dogma or sectarianism, or abuse of any one; then change to exhortation and invitation, all the time throwing on the power *with look and voice and hands*; then step down among them and get the good brothers and sisters to sing, while you go personally to the *subjects* or persons whom you wish to convert. And right here is the

#### SECRET OF POWER.

The main thing to do in *any* conversion is to breathe plenty of spirit power into yourself first; then place your right hand lovingly and softly, but yet full of spirit power, on the top of his or her head and over the organ of veneration, letting the ends of the fingers and butt of the hand rest on the sides of the head over the organs of spirituality, with your thumb over the top of their forehead; press gently and talk encouragingly to them of the power of spirit and the glory of the religious state. Feel good yourself and make them feel the same way; tell them that they feel the spirit power now; tell them they are getting religion now, make them believe it and it will surely come while you are putting on the power. They will soon feel the power and be converted; then you can go around among the others in the same way while the members are singing. If you cannot *touch* their heads conveniently, *throw on* the passes anyway, and thus many will be converted and saved; do your work fully and strongly, and full of power, and many will be thoroughly changed and savingly converted, for remember the main thing is to make a change and give them



## THE NEW BIRTH,

Which consists in the soul being so filled with spirit by the revival process, that it is born to a new life and new spiritual power by which the soul is able to control the body and make it do right. This is

## GETTING RELIGION,

All can have it and be benefited by it; remember the main thing is to put on the power through the ORGAN that was made for that purpose, and you should have the best opportunities and advantages to apply it, then you will succeed much better. And *this* is the best way: invite your subjects up to the seats around the altar, and have them bare their heads, ladies taking off their bonnets; have them do this in all reverence and humility. Then they are ready to receive the power and full conversion while you put the power into them through your right hand as before directed, and while the saints are singing, keep up the meeting, pile on the power, and you can convert all who attend your meetings, even the scoffer can be brought in, for the spiritual power properly applied through this process, as I have explained, will

## CONVERT THE WORLD,

And make this earth a paradise fit to live in for all time and eternity.

Persons who have the largest organs of veneration, and the most superstition, are the most easily influenced and converted and hold out the best; while those with small veneration, though they may become converted, wont stay converted; they backslide easily, and need converting very often especially if they have small organs of continuity, self-esteem and firmness.

## ANOTHER SECRET IN OCCULT FORCES.

I have been teaching you much, and will further add, that to scatter and disperse force *wastes* power and renders it of little use; while to collect and concentrate force *increases* power, and makes it much more *powerful*. I have taught you that the scattered sun's rays are of but little force, but that the concentrated sun's rays are all powerful. Now for the application in practice on all human and animal life.

## HOW TO CONTROL HUMANS.

Suppose you want to *control* a strong, positive human being, there would be two things to do: one is to get the person to scatter and waste his force, and the other is to concentrate your own force on a *very small* spot—on the person's most sensitive place.

## EXAMPLE.

Have the person sit with his hands and feet apart in a large rather dark, quiet room, with his face to the north and his back close to the south wall or side of the room. The larger and longer the room the better, so that he will have to look a long distance to the north side of the room. Then direct him to look with both eyes so as to see the sides and end of the room at the *same* time, even if he has to move his head a little sideways to do so. In this way he will soon scatter and exhaust his vital force and become an easy subject of control. But to make it still more complete you may direct him to say to *himself*, "east, west; east, west; east, west," as his eyes look from side to side, and to keep saying it; and tell him, even after he has had to close his eyes and as long as he is awake, to say "east, west," etc.

This, then, is all that he can do; but you

may do the rest. You should at the *beginning* of the sitting put a small piece of white paper, the size of a small shirt button, on his organ of individuality (just above his nose); then you sit down in front of him and near the end of the room that he is looking at, where you will look steadily on the little piece of white paper, and thus *concentrate* all your force on him at that place. Have the sitting last a half hour or more; and when you have subdued him then you can control him as you will, same as any mesmeric subject; then take off the influence or restore him to his normal condition by the upward passes, same as in mesmeric subjects. By his scattering and you concentrating, as I have directed, you can control any person or animal, and subject them to your WILL, and cure any positive disease that a person may have.

#### HOW TO CONTROL ANIMALS.

In addition to the above process animals, even the most ferocious wild beasts, can be controlled without any such preparations as described above, but can be controlled anywhere and at any time by making them see and look at two or more persons or things at the same time; or, if a person is alone when a wild beast comes at him, he can hold his hat in one hand and his coat in the other *outstretched hand*, and move them about so as to confuse and bewilder the animal, and it will not know what to do. The person can also fasten his magnetic eyes on and into the eyes of the beast, then it will soon yield to skill and superior force. Beasts, birds, and even insane persons can be controlled in this way. Indeed, there is no end to the success of the "highest power" when we know how and will use it. The above process is valuable in curing obsession.

## CASTING OUT DEVILS.

Ever since humans have died physically their undeveloped and ignorant and imperfect souls have passed into the spiritual world, not knowing how to collect *vita* enough to make themselves a new body to live in, and finding they have lost their own physical bodies, try to get into other physical bodies yet living on the earth; thus this body or person becomes obsessed or possessed of a devil; and sometimes many of these disembodied evil souls or devils get into one person's body, and that person becomes possessed of many devils or evil undeveloped and ignorant disembodied human souls, called evil spirits or devils. More of these undeveloped ignorant souls are going into the spirit world every year; thus devils are greatly increased in number until the air is full of them, and consequently more persons become obsessed and possessed of devils, until now there are many such afflicted persons. Most all insane persons, and those partially insane, and those who have fits, spasms, convulsions, nervous spells and hysteria, are more or less obsessed and influenced by evil spirits. And those persons who have the most religious superstition, the most inharmonious bodies, and the least soul power, are the most easily obsessed, and the hardest to relieve and keep well. The stronger disembodied soul controls the weaker embodied soul, thus they are obsessed, and if the evil or ignorant spirit gets *inside* of the person and controls them through their body as their own soul should do, then they are possessed; and there being so many of this class of people, the minister-physician will have to treat many patients of this kind. No matter what disease such patients may have they cannot be cured until the evil spirits have been *driven* out.

## HOW TO CAST OUT DEVILS.

The evil spirits hold possession of their subject through psychological control, or mesmeric influence, and the way to cast them out is by the superior power of the minister-physician being exerted upon them. The physician himself psychologizes or mesmerizes the subject and gets control over him; then he can drive the devils out; and then by strengthening soul treatment can make the patient's own soul strong enough to keep all other spirits out. The process of statuvolence or self-control is excellent for that.

## SPECIAL PROCESSES

In casting out evil spirits. They may have got control of their subject by his having been previously mesmerized by some inexperienced person who did not take it off good, and thus left the subject an easy victim to the evil spirit's influence. The way to cure these cases is to take the spell off well, as I have previously directed, by making upward passes over the subject and thus pass off the spell and drive out the evil spirit at the same time. It is generally necessary also to speak to the obsessing spirits and tell them to go out and leave the subject alone; speak to them with force and power as you make the upward passes over the patient, and with a strong firm voice command the spirit to leave. I have driven them out of many persons in this way; sometimes as high as thirty out of one patient. I saw and counted the big, dark, evil, vicious looking devils as they departed.

These ignorant disembodied human souls are generally very superstitious, and believe in some form of religion, and in some person as their savior or as the head of their church, so it is well to command them to go out *in* the name of *that* person in



whom they believe; whether that be Brahma, or Buddha, or Confucius, or Jesus, or Mohammed, or a Pope, or John Calvin, or Martin Luther, or John Wesley, or Emanuel Swedenborg, or Joseph Smith, or A. J. Davis, or George Washington, or General Jackson, or any other man; bid them depart in that name, using the upward passes and the power as I have directed, then the evil fellows will have to leave. Be it said here to the honor of women, I have never found or had to drive out any female evil spirits; perhaps the reason why they do not obsess anyone is because they are themselves too weak to control any person. There may be some exceptions to this rule, for some very strong minded women may be able to control and obsess some weak souled person; but the old idea was that women were not immortal, and therefore of course there were no female souls to obsess anybody. Persons who believe in spirit controls and spirit bands, and the obsessing evil spirit believing the same way, it is best to drive out the evil spirit in the name of, and by the assistance of such good controls, and high spirit bands. Sometimes these ignorant evil spirits are benevolent and kind, or would be under favorable circumstances, then it is best to find out who and what they are, and speak kindly to them, and tell them not to be so cruel as to annoy this poor sick person, but to pity them and to help them to get well, and then to go out of them and leave them alone. This method does well in all such cases. I have often succeeded in getting the obsessing spirit to go out of the subject by talking to them kindly, and by giving them good advice by which they can improve themselves out of the subject's body better than they can in it, and telling them to go up higher in the scale of progress, and cease the low business of obsessing

any person; in this way we have benefitted both the spirit and the subject.

#### SIGNS OF OBSESSION.

Any person who is not acting just right, as a human being should act, may be supposed to be obsessed more or less; but some spirits are so cute that it is hard to tell, but generally the obsessing spirit will show some signs of his control in some way; some will speak of the subject as of the third person, that is, he will speak of his subject by name, speak of him as John, or Bill, or Jane, or Jim, or whatever the subject's name is. By this it is always known that some other soul is controlling the body instead of the soul that belongs to the body and should control it; we always know then that *that* person is obsessed. I have had many patients of this class; I could hold quite lengthy conversations with the obsessing spirit and learn much about him, and also much about the condition of the patient, and often get a correct diagnosis and prognosis of the case. By talking to the obsessing spirit, and sometimes helping them to do something they wanted done, and requesting them to leave, and *assisting* them to leave by making the upward passes with power and will force, I have relieved them and the patient both at the same time; then the spirit would go off happy, and the patient would get well.

Many persons have strong bodies but weak souls; these persons are quite easily obsessed, and when obsessed are generally ferociously insane, and subject to fits, convulsions, etc. These bodies need depleting with water, low diet, saltpetre, sea salt, bromines, epsom salts, cream of tartar, etc.; and all obsessed persons need pure air, electricity, magnetism, vital spirit, vita, statuvolence, and all

strengthening soul treatment to make their own souls strong enough to control their own bodies and keep out all other souls and evil spirits.

#### HOW TO PREVENT OBSESSION.

There are two ways to do that; one is to treat the weak person or soul with vital air, electricity, magnetism, vital spirit, and vita, and by the processes of statuvolence or self-control, so that the person will be strong enough to resist and keep off all obsessing spirits.

The Vitapathic physician who understands how to vitalize the soul of his patient can cure and prevent obsession, and do much good in his practice. There will be much of this kind of practice to do; and no other physicians but the V. D.'s know how to treat these distressing complaints of humanity, so here the V. D.'s will have a large and useful, and profitable field of practice to themselves. Then another way to prevent obsession is to educate and elevate the ignorant souls, who make evil spirits and obsessing devils, so that they will know better, *and can do better* than to obsess other persons. For this purpose there must be

#### SPIRITUAL SCHOOLS

Here on earth to educate the souls yet in their bodies so that they will know what to do when they lose their bodies, and know how to take on new vita bodies from the vita of the atmosphere, and from all refined matter on the earth or anywhere in the universe, and so make themselves a better body than they or any other human being ever had before, that they need not come back and try to live in other persons' bodies and thus annoy them. This is a very important matter, and indispensable to the proper preparation for the spiritual life, and this great work should be done here; schools and

colleges must be conducted expressly to impart this higher and more important spiritual education to the soul while it is yet in the body; this is the highest religion, and the most important of all occupations. Every Vitapathic physician must be a preacher. Souls must not be led astray by the blind leading the blind, and made believe that they will be safe, and all their wants relieved and their happiness provided for by the efforts of somebody else. This is the most horrible doctrine of all, and works the most untold misery of all else besides.

Souls must be educated and taught to save themselves by the skillful use of nature's unlimited spiritual powers, and make unto themselves vital bodies in which they can live *after* the dissolution of their physical bodies; this, I repeat, is the most important of all subjects, and this indispensable education and preparation must be had here in spiritual schools expressly for the purpose.

I cannot leave this subject without again impressing on the minds of Vitapaths the importance of these schools and colleges to teach the soul how to prepare and live in a body of its own forever. This we must do here while in the physical body.

#### MISERY IN HEAVEN.

Heaven is the place of departed souls in the air *around us*. Heaven, not Hades, is the proper name of the place. "The birds fly in the midst of heaven," and souls out of the body fly in the midst of heaven and live in the air around us. They have no other place to go to. They were born here, and belong here, and must remain near the surface of our earth and in our houses and rooms, and can only ascend higher as they become more spiritual, wiser, and better, and thus *lighter*, as it

were, in *specific gravity*. Only think of it, our houses and rooms, and the

AIR IS FULL OF HUMAN SOULS,

And these are ignorant and degraded through superstition and error, and many of them are so low, and so disappointed in not finding the heaven of luxury and ease that was promised them, and not seeing any of the infinite beings, real or imaginary, that the poor deluded things were led to believe they would see; and looking around them and seeing their sordid conditions they burst out in yells of anguish and become

A HOWLING MOB.

Many of them are so disappointed in not finding happiness there they try to come back to earth and to earth-life, and having no bodies of their own, get into the bodies of other human beings yet living on the earth, and thus millions of persons become obsessed and possessed of devils,

AWFUL THOUGHT,

But it is true, and all through ignorance and false teaching on the earth, and taught wrong too by those who ought to know better, and are well paid for teaching error and leading the people astray. But light must come. This

AWFUL NIGHT OF GLOOM

Cannot and will not always last.

HOPE GLEAMS.

Mankind has been progressing both physically and spiritually ever since sentient life began on the earth, and will progress to ultimate perfection. There is hope for all, for even the weakest and lowest and most degraded. Help will come; light will shine; the darkness recedes; the day breaks, and



## THE MORNING DAWNS.

High and advanced human souls who have been in the heavenly spheres have learned the way and opened up communication with the inhabitants of earth. The high wisdom and power bands from the grand conventions of exalted souls in the heaven of heavens come and teach mortals important lessons for the higher life; and they assist us to teach human souls how to prepare vital bodies in which to live forever, and teach them how to elevate their souls in wisdom and power, and thus be happy forever.

These higher angels from the courts above are to be the principal teachers in the spiritual schools of earth through their chosen Vitapathic human instruments, to teach humans how to prepare soul and body for

## HAPPINESS ON EARTH.

These spiritual schools and colleges will soon be commenced; and the American Health College, which I have purchased, built, and dedicated to Vitapathy, will henceforth, through angel assistance, teach these higher lessons in physical and spiritual life, and prepare humans for happiness here and hereafter. This all belongs to Vitapathy, and the full Vitapathic system teaches what is necessary to know for this world and the one to come to insure to all humans health, happiness, and immortality. The American Health College is the first and only one of the kind yet on earth, but there will be many more established, and presided over by Vitapathic graduates, where the angels will assist them to teach these higher doctrines and grander truths to the inhabitants of earth, until all shall know how to live and enjoy this

## EARTHLY HEAVEN.

What is needed now is students to learn, and Vitapathic graduates to practice and teach this glorious system of health, happiness, and heaven to all on earth. There is much to do and but few to do it: "The harvest is great but the laborers are few." Every Vitapathic graduate of the American Health College is fully diplomated, authorized, and licensed to heal all human ills and infirmities of body and soul, according to the principles and powers of the Vitapathic system. And each Vitapathic graduate of the American Health College is also fully ordained, authorized, and licensed to preach this gospel of life, of health, happiness and immortality to the inhabitants of the earth, and to proclaim a full salvation for soul and body for all time and eternity. Through the principles and power of the Vitapathic system, light, knowledge, and power having come, all should enjoy it. Every person should learn to enjoy the benefits of the Vitapathic system in this life, as well as to prepare them for the higher life, for they will need its wisdom, and power, and full salvation in the "higher spheres." No person should think of living a day without the benefits of the knowledge, and power, and happiness of Vitapathy. And still all will need it much more in the

## HEAVENLY HOME,

For it is the wisdom and power, and complete salvation by Vitapathy that makes heaven. No person can be too old to learn Vitapathy, for all need it, and the old should be in the most hurry to learn it and enjoy its ample preparation for their higher home. While I urge upon all to learn the Vitapathic system, I urge the old to be quick about it, for they have no time to lose, and they must not

think of going to the spiritual world without it. Every person should learn all, and make all needed preparation here so that they will be ready for the enjoyments of the next life. All should not only learn how to live here, but they should learn how to live best hereafter; and all should learn while here, as near as *possible*, just what the next life is like, then they would be ready to enter into its joys at once, as soon as arriving there; and all should be taught the truth about the next life, so that they would not be disappointed in their hopes and sink in despair and gloom and mental suffering, as many already gone there have done.

So I say to all, prepare while here for the happiness and glory of the "higher life," and remember, too, that each one has to elevate himself by the proper use of nature's vital powers, as taught in the Higher Vitapathic System here on earth, so as to be fully ready for the enjoyments of the "heavenly home" when he gets there, and not have to grope his way in darkness and gloom—ignorance, misery, and despair in the future life—like those who have gone there unprepared. But even they will not have to suffer always. Progress is a law of nature, and excelsior is the motto of an ever-living humanity; and even the ignorant and degraded may learn and improve and go up higher, for there are

#### SCHOOLS IN HEAVEN

Where all can learn and improve themselves. Thanks to the holy angels and glory to the higher powers, there are spiritual schools and colleges in the spiritual world, conducted by the angels themselves, and have been for many years. In this respect our brothers and sisters, who have gone before, are far in advance of us on earth.

There are millions of schools *in heaven* where ignorant souls are taught, according to their capacities and needs, by angel teachers just adapted to the purpose. The chief employment and enjoyment of the higher angels is to impart knowledge and happiness to all who need it. They find their "heaven" in doing good, in

#### ENDLESS PROGRESSION.

And the crowning glory of the Vitapathic system is that it reaches from earth to heaven, encompasses the whole universe, and supplies health, happiness, and immortality to all humanity who ever will accept and practice it on earth or in heaven. Thus the good work goes forever on! and all progress higher and higher, forever and ever!!

#### DOUBLE POWER.

As much as I have taught you, and as great, therefore, as is the power already conferred, I will now DOUBLE IT! and make it overwhelmingly great!! and surpassingly grand!!!

I have taught and explained how to put on the power with the right hand on the organ of veneration of the subject, and to extend the hand so as to press over and on the organs of spirituality at each side of the organ of veneration, and then put on the power as before directed. But now, to add to all this a double power, we will connect our left hand to our right wrist, thereby concentrate, *hold in*, and throw out a double power through our right hand to the head of the subject or penitent. In this way our power runs around in a circle through our body and brain (the connection being made by the left hand clasping the right wrist) until the power becomes so great that we can throw it out with double force through our

right hand into the subject's head—making an irresistible and invincible power which we can make the passive subject feel, and see, and hear the spirit power. They can feel the power so strong that they will know that it is *something*, and will readily believe that is a spiritual power; they can see it or its light so plain that they will readily believe that it is spirit light; and they can hear its sound like a rushing wind and will readily believe that it is spirit power in motion, and it will *really* be spirit power, light, and sound, and not a delusion or imagination. There is nothing more REAL than SPIRIT. And this

#### DOUBLE PORTION OF SPIRIT

Can be applied doubly in the double manner above described, and may be so applied as to convert, and heal, and develop, and exalt both soul and body. The fully controlled subject can also be made to see clairvoyantly, and be able to see and describe spirits, and to hear them speak. All that power can be given to the controlled subject, and may be given for any length of time the operator chooses to set, by just telling the subject how long that will be. The operator can set the date and tell the subject, while *under* control, and fully impress on his *controlled* mind just how it will be, and it will be just so.

This double spirit power, through the right hand, may be directed and applied to any other part of the body to produce double effect when needed or desired. Always concentrate your mind on the *same* place *wherever* the right hand is placed.

#### IMPRESSING THE MIND.

Whenever a subject has been thoroughly controlled by any spirit-magnetizing process (double or single), and while under control, he can be im-



pressed by holding your right hand on his organ of veneration, concentrating your mind there also, and telling him strongly and firmly that so and so will be the case; for instance, tell him he is now controlled by spirit power, and that henceforth he will be always easily controlled; tell him his pains and aches are all gone, and that his diseases are all cured, and that he will KEEP WELL; you can tell him he is beyond any sense of feeling, and that he will not feel any pain in a surgical operation, then the operator can rub and pat the place on him that is desired to be operated upon surgically, and sure enough he will not feel any pain, especially if the operator watches and keeps control of him during the surgical or dental operation.

#### CONTROLLING THE PROPENSITIES.

The appetites, passions, propensities, habits, and vices can be controlled, and the subject cured of all of them by firmly telling *him so* while he is under good control. This includes the use of tobacco, whisky, and all intoxicating drinks, and opium and all narcotics, etc. All these habits can be broken up and cured by the above described process; also fits, spasms, convulsions, St. Vitas' dance, etc., can be cured in the same way, and so can all profane and vulgar habits, etc., and man made to be a pretty decent kind of a fellow, and may become an angel some day; and some may become refined and exalted enough to become archangels and help to govern and control the universe.

Religion furnishes the power, and science furnishes the skill, to do everything; religion prophesies and science fulfills; and Vitapathy is both religion and science combined in one grand universal system. All knowledge, all power, all

progress, all refinement, all exaltation, all health, all life, and all immortality belong to the Vitapathic system, which is the highest religion, grandest science, and sublimest philosophy.

#### RELIGIOUS CEREMONIES.

All systems of religious belief have their processes of conducting their meetings with special ceremonies and modes of worship; they have their methods of singing, praying, preaching and exhortation; they have their methods of conversion, baptism, and sacrament; and their methods of initiating members, which are all right according to their belief. But as varied as they are in beliefs and methods of salvation, none of them suit intelligent people, nor meet the demands of the age. Mankind needs a higher system of religion, one that is more spiritual and intellectual, and accords with their reason and better judgment; mankind needs a religion of intelligence and power sufficient to convert the soul, cure the body, and save both alive together, thus saving the entire man. Anything less than that would not be saving, would not be a full salvation, such as is needed for the whole man, soul and body. Mankind needs a

#### UNIVERSAL SYSTEM OF RELIGION

That will cure all and save all, and Vitapathy is that system. It employs universal spirit, the highest and only positive life giving power in nature; it suits all conditions and classes of people in the universe,—all nations, countries, and climes,—and yet is not sectarian, nor are its advocates a sect; but its believers may belong to any sect or denomination they please; this they can do and yet belong to Vitapathy, which is much higher, and its graduates are a diviner brotherhood. Vitapathy being a higher system must have a higher gospel to preach,

a higher salvation to proclaim, and a higher system to practice *that will save both soul and body*. Vitapathy has higher methods of cure for all diseases, and thus cures all; Vitapathy has higher methods of conversion, and thus converts all; Vitapathy has higher methods of salvation, and thus saves all; and Vitapathy has

#### A HIGHER BAPTISM,

It is not the baptism of water, or of any material substance or thing, but is the higher baptism of spirit, and is applied to the willing, intelligent, passive, graduated convert and baptismal candidate by the ordained Vitapathic minister to the *graduate's* head, through and by the DOUBLE PROCESS previously explained. The baptismal candidate may come forward to the altar and sit down with his head uncovered and facing the audience; then the minister stands to his left side and puts his right hand on the top of the candidate's head, over the organ of veneration, and says:

Brother——— (or sister, as the case may be,) I BAPTIZE you with VITAL HOLY SPIRIT, in the name of VITAPATHY, and may you be filled with ALL the FULLNESS OF SPIRIT, and be made healthy, happy, and useful, and be SAVED both soul and body unto EVERLASTING LIFE. VITA. (Amen.)

#### THE HIGHER SACRAMENT.

Most all kinds of religionists have some kind of sacrament; the Christians imitate the "Last Supper," by drinking wine and eating bread, the wine as an emblem of blood, and the bread as an emblem of the heavier and more solid parts of the human body, and according to their belief this sacrament is certainly very significant, and may do some good, and if the wine and bread *had* the real vital holy spirit in them a wonderful power would

be imparted to the partakers, and much good be done unto them. But wine is not suitable, because it is an intoxicating beverage, and because it has no vital spirit in it, and is therefore nothing like vital, *living* blood, and cannot have any good effect, but may do harm. Bread of *itself* is not suitable unless it has had vital, holy spirit put into it. And this brings us to

#### THE TRUE SACRAMENT,

In which new, fresh, *living* milk is used instead of wine and bread: *the new milk contains the better elements of both* the bread and wine. The new, fresh milk is brought in just at the time it is needed, and put into a large glass vessel, and when the minister is ready to use it he *stirs* it with a large silver or other metal spoon or small dipper held in the right hand, with a circular motion from right to left (or against the sun), throwing on the spirit power at the same time, and as he stirs it he may pray that this vital, nutritive fluid shall be filled with vital spirit, and thus fill with spirit power and blessing all who partake of it. He then, having a few very small glass tumblers, is ready to administer

#### THE VITAPATHIC SACRAMENT.

Then he can announce to the audience that the sacrament is ready to be partaken of by them. He can invite them up in single file to the sacramental table, to *stand* and take the sacrament. He can invite all who wish to come to partake, as Vitapathy is not a sect or sectarian, but is for all people, so all can come to its sacrament. And while he is waiting to get them started the friends can sing some suitable hymn, while he is still further stirring vital spirit *into* the sacramental milk. Then, as they come up in a row, he can dip out a large spoonful of the milk into one of the small

glasses and hand to the first comer, and say to him as he takes and *drinks it all up*: "Brother (or sister), take this and drink it all, and hereby be filled with all the fullness of spirit, and may this be unto you the higher sacrament that will restore you to health, and preserve your soul and body unto everlasting life." Then he passes on, and the minister fills other glasses (or the same,) and administers the sacrament to others in the same way as they walk up in rotation (and then return to their seats as fast as they have taken the sacrament), until all have partaken who are willing and ready. In this way much good will be done to all, and harmony, good feeling, and love be promoted, while all will feel happy, and be renewed in their spiritual and bodily strength; and all who are sick will be much benefited in their health by this higher vital spirit treatment, and thus much good will be done to all both spiritually and physically by this vital, spiritualized milk, higher sacramental process. And by it

#### A SACRED POWER

Of the most exalted and refining kind is generated, that thrills the soul and purifies the body, and prepares the recipient for the joys of the higher life while on earth, and virtually brings heaven down to men. And by this wonderful power exerted upon the "Sacramental Host" through this higher spiritual sacramental process the minister obtains almost unlimited power on all who become subject to its holy influence, and he may sway and control them as he WILL. All people are controlled through their religious sentiments, and this higher religion, with its higher spiritual processes and higher powers, higher baptism and higher sacramental processes, controls them the best, indeed, its powers are *invincible* and *sublime*.



## VITAPATHIC ORDINATION.

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After the student of full age, proper education, and good moral character has read and studied the Printed Lessons in all our books of the copy righted Vitapathic system, and all other books needed, and has attended full courses of lectures in our college, passed a satisfactory examination, graduated as a Vitapathic physician and received its highest diploma—given evidence of full conversion to Vitapathy, received the higher spiritual Baptism, and taken the Vitapathic sacrament, he then is ready to be

### ORDAINED A MINISTER OF VITAPATHY,

Which is the highest crowning act of the Vitapathic power, and the highest commission of the Vitapathic system. The ordination takes place as follows:

The candidate for Vitapathic ordination sits down in an open space, and the leading brothers and sisters present stand around him with joined hands, forming a ring of love and circle of power around him, with the officiating minister inside of the ring with the candidate; then some appropriate verse may be sung to help the circle to bring higher assistance; then the minister puts his right hand on the candidate's organ of veneration and exaltation with the double power process, concentrating all spiritual power thereon, and says, Brother, or sister, as the case may be (see other page).

Brother———, you being fully prepared, ready, willing, and worthy, We now, by our country's law and by heaven's highest authority,

ORDAIN YOU A MINISTER OF VITAPATHY,  
With full authority and power to Preach the Gospel of Life, embraced in the great Vitapathic System, in all its Love, Wisdom, and Power, to all people, in all worlds, in all time and eternity; to Hold Meetings, Officiate at Funerals, Solemnize Marriages, Instruct the Ignorant, and to do all that a Minister and Physician can do. To Comfort the Distressed, Cheer the Broken-hearted, Set the Captive Free, HEAL THE SICK, Commune with Angels, Receive highest Inspiration, Develop Soul Power, Cast Out Devils, Raise the Dead, Perpetuate Existence, and make Human Life Immortal.

All Power is *now* yours, go and use it; and the Spirit of Life, and Love, and Wisdom, and Power in Vitapathy will be with you always, Vita (Amen).

#### COPY OF CERTIFICATE OF ORDINATION.

*This is to certify that.....*  
*after having been fully Instructed, Qualified, and Diplomatd as a Vitapathic Physician, and having been Converted and Baptized, has NOW received at our hands the HIGHER ORDINATION, making ..... a Minister-Physician of Vitapathy, with full power to Preach the Gospel of Life and Heal the Sick of all manner of Diseases of Body and Mind, and to Officiate at Funerals, Unite Couples in Marriage, and to do all that Vitapathic Physicians are authorized to do, according to the Charter and Established Rules and Religious Belief of the Vitapathic Brotherhood of the American Health College and Religious Health Society of America, Incorporated and Authorized by the Laws of the State of Ohio and United States.*

*In witness whereof we, the officers of said Incorporation and Religious Society, place our signatures, this.....day of.....*  
A. D. 188.....; V. D.....

J. B. CAMPBELL, V. D., 'President.

M. HERROL, V. D., Sec'y.

S. S. COOK, V. D., Chaplin.

## ANOTHER LESSON IN VITAPATHY.

## SECRET OF LONG LIFE ! AND THE KEY TO IMMORTALITY !

All like to live as long as possible, and none in the enjoyment of life are willing to die ; none who know of the pleasures of this life are willing to give it up for a promised life hereafter that they do not know about ; all rational persons think that, " A bird in the hand is worth two in the bush." All long for perpetual youth and immortal life ; great and expensive efforts are made to prolong this life. Sick persons will consult many doctors, and devour the contents of many drug stores, and travel by land and sea over the earth, to seek health and long life, when it might be found at home without trouble or expense ; but the people don't know what life is, or how to preserve it. " Knowledge is power ; " and it is instruction in the laws of health and life, and the means of maintaining them, that the people need, and must have, to insure long life. There are many schools and colleges, and much learning, but not much knowledge or wisdom, because the people are taught too much nonsense, and not enough of sense ; they are not taught to understand and obey nature, and *themselves* employ its vital forces to save and preserve their own lives.

It is possible to preserve lower forms of matter from decomposition and decay, and it should be still more possible to preserve the higher forms of matter from decay. Lower forms of life have been preserved for thousands of years, and for aught we know forever ; then why not the finer and higher forms of life be preserved as well, and even better. Lower forms of life having no intelligence are pre-

served by the laws of nature, without intelligence; higher forms of life, having intelligence, should, through the laws of nature intellectually employed, be more *completely* preserved, and there is no doubt it can be just as soon as mankind (the higher forms of life) learn to employ the laws and forces of nature intelligently. Man lives by breathing, and drinking and eating, and in the obedience to nature's laws and conditions in relation to himself, and their effect on him. There is (or will be) a science in living, and when life comes to be understood and practiced as a science, then people can certainly maintain perpetual life; and it is this "Science of Life" that the people need to learn, and which I now will try to teach as well as I can with the present light and knowledge.

#### PRACTICAL LESSONS IN PROLONGING LIFE.

*First.*—The first thing to do is to breathe right. The first thing a person does in this world is to breathe, and could have no life without it, therefore breathing is not only the first but most important act of a living being; but to breathe *right* is still more important. The common method of breathing, and the usual quantity of air taken in, is not sufficient to convey vital spirit enough to vitalize and purify the blood and throw off effete matter and preserve health. We breathe air to take in spirit and to preserve life. To make life better and longer we need more than the usual quantity of spirit, therefore we must breathe *more*. The maintenance of life is a constant struggle and herculean effort, therefore to maintain life fully we must breathe in a *herculean manner*. On an average we should take in at least *double* the quantity of air that we do generally; we should make *double* effort to inhale it, and *double* effort to

exhale it, and see that the old devitalized air, *just taken in*, is all thrown out so as to make room to take in more new living air at the next breath; this well done will do all that is needed for vital air to do, and will preserve the most vital part of the human being.

*Second.*—Man is a drinking animal, and needs much drink of a proper kind to keep up the fluids of the system, and to neutralize, dissolve, and wash out all waste matter. Water is the natural drink and proper solvent and cleanser, as well as supplier of oxygen of which the system (especially the fluids) needs a great deal; but the water used should be pure soft rain water, and that boiled before using it, and may be taken in large quantities either hot or cold to suit the case. Our sanative tea is an excellent neutralizer, dissolvent, and anti-septic. Water and all drinks should be *supped* down slowly, stopping often to take in *big* breaths of air. Water may be made more solvent by adding to it some vegetable acid, such as lemon juice, and it would be proper for the middle aged to take a lemon in a glass of *cold* boiled water at each evening meal; and old, bilious, gouty, and rheumatic persons, and all who have too much carbonate of lime and other salts in their system, may take two lemons in water daily, this will dissolve the carbonates and bile, and prevent ossification, rheumatism, and old age conditions, and prolong life. The water may be made more neutralizing and digestive by adding a teaspoonful of common salt to the tumbler full of water drank at dinner each day, this will enable the person to get the most nutrition out of the least food, and at the least wear and tear of the system. Persons who are dyspeptic, and consumptive, and thin in flesh should drink much of this salted water, it will in-



crease their flesh and do them much good, and prolong their lives. Water may be made more vital by having added to it eight or ten drops of phosphoric acid to every glass of water drank during the day, or at least in the morning; this will invigorate the brain, spinal cord, and nerves, and help to clear them of too much carbon and osseous matter, and will vitalize the whole nervous system, and prevent old age from coming on, and thus help to prolong life indefinitely; or if people would live on fish and other substances containing much phosphorus they could do without the phosphoric acid.

*Third.*—Man is an eating animal and must eat to keep up the solids of the body and to maintain life; but he has yet to learn how to eat and what to eat, both in manner and quantity and quality; and right here there is more ignorance, and more wrong doing, and a greater violation of nature's laws than in anything else that human beings do; and on this point they need more instruction than in all else besides; everything else learned in books, schools, and colleges is of but little importance compared with the greater lessons of how to breathe, what to drink, and when and what to eat, for on this depends the maintenance of health and life, "and perpetual vigor."

#### WHAT TO EAT.

First then in selecting food reference should be had to the age, temperament, health and condition of the person. As a general rule young persons should eat more sweets and carbon substances, and old persons should eat more acids and oxygen substances, and neither need eat much nitrogen substances; and especially the old, the less nitrogen food they eat the better; (and really nitrogen

is but a changed condition of carbon, as ozone is of oxygen.) Milk, sugar, bread, potatoes, rice, and sweet fruits will do well for the young. Young meats, such as veal, lamb, young fish and chicken, with much acid fruits and but little bread, would be best for old persons. Beans and all foods containing lime or any of the carbonates or bone-making material would not be good for old people.

#### NATURE OF LIFE.

Life is an equipoise or balance of the vital forces employed in building up what is needed, and in carrying away the waste matter that is not needed, or that has served its purpose in the economy of nature, and has become effete matter, and must be carried off or it would become a burden and a poison to the system, and man would die of his own poison as sure as a snake would die of his own bite.

#### THE SCIENCE OF LIFE

Then, *first*, is to *inhale* the proper quantity and quality of pure air, and to *exhale* it again with all its devitalized conditions and poisonous contents as soon as *possible*.

*Second*—Is to *drink* pure water and other oxygen fluids to supply the secretory system with solvents enough to dissolve matter, liquify nutrition, and make blood, and then, when it has answered its purpose, to carry off *with itself* all worn-out and effete matter from the system through the proper outlets, and lubricate and keep clean and pure all parts of the body.

*Third*—Is to *eat* the proper quality and quantity of the *kind* of food needed to suit the age, temperament, and healthy or diseased condition of

the person, and to eat *just enough* of the proper kind of food to build up and supply the waste going on in the body, AND NO MORE. *People eat nearly a half too much*, and this is the great cause of most of their sickness and premature old age. They eat more than they can digest and use and carry off, hence it is a burden and a poison to them, and renders them sluggish, weak, and infirm when they ought to be active, healthy and strong. No wonder people are sickly and weakly and die early when they are such gluttons as to kill themselves by excessive eating. Some people had ought to die; they are too hoggish to live, and there is no immortal life for them. Eat but little food and that of the right kind should be the rule of life; and especially should the middle aged and old eat but little carbonaceous and bone-making food, and should take acid drinks enough to dissolve and carry away all waste matter, for it is the carbonates of lime and other earthy salts that are left in excess in the system that deadens the bones, hardens the tendons, contracts the muscles, stiffens the joints, and brings on conditions of old age, when, if people were born right, and would breathe, and drink and eat right, and cleanse the system of all obstructions and impurities and *live* right, they might be enjoying health, beauty, and perpetual youth, instead of decrepid old age, disease, and death. For life will certainly conquer death, and man become immortal!

## A LESSON ON TOBACCO.

Tobacco is a poison, filthy weed. Its internal use is very injurious, and is so poisonous that a few drops of its oil will kill as certain as will prussic acid. Its use, either to smoke or chew, is very injurious to the health of all who use it and of those who associate with them; besides, it is exceedingly unpleasant for persons who do not use it to be obliged to associate with those who do. Just to see their nasty, dirty mouth, and to see them slobbering and spitting their nasty tobacco juice all around, and dirtying floor and carpet and everything with its filth, is enough to sicken any delicate person. To smoke tobacco is still more injurious and more offensive to those who do not use it; filling the room, or house, or hall, or car, and the air generally, with its nauseous and noxious fumes—enough to sicken anybody; and the ill-bred unmannerly simpletons will insist on smoking in the presence of decent persons and in the presence of ladies, and will even sit, or walk, or ride with ladies while throwing out their poisonous sickening tobacco fumes.

If men would only stop to think how mean and degrading it looks, and how unpleasant it is to others, I think they would cease such ungentlemanly practices; and besides, it is expensive, and their money should be applied to better use. It is said—

Tobacco is a filthy weed,  
It was the de'il that sowed the seed,  
It dirties your mouth, stains your clothes,  
And makes a chimney of your nose.

And worse still, it poisons the blood and causes cancer, heart disease, paralysis, and many other

diseases. It creates a morbid appetite, leads to drunkenness and to vice, to immorality and all manner of crimes, and it is of itself a low, disgusting vice and folly. As I have frequently said in my public lectures, when speaking of tobacco, that a cigar is a long roll of tobacco, with a fire at one end and a fool at the other; and so it is, I can give no better definition.

But still, disgusting as the common use of tobacco is, and as poisonous as it may be, it nevertheless has its uses by external application to cure poison bites and stings and malignant inflammations, to kill small insects, and to destroy animal-cule and all unhealthy and poisonous germ-life (on the theory that one poison kills another poison). Tobacco is a poison anti-septic, and, as such, is destructive to all animal life, but may be used in such small quantities as to kill only the smaller and lower forms of life, and to allay all inflammations. Tobacco smoke when confined around a bush or tree will kill all insects and parasites on or around the bush, and thus be of benefit in that way. Tobacco juice made strong and used as a wash will kill all lice and other vermin on animals and humans, and thus be made to do much good in that way. And its better use is in curing poison bites and stings, and inflammatory, malignant diseases on humans, such as mad-dog bites, snake bites, scorpion and spider stings, and of all smaller insects and vermin; and its still more important uses in curing cancer, malignant ulcers, mortifying sores, high inflammations, diphtheria, sciatica, syphilis, erysipelas, shingles, scaldhead, carbuncles, boils, hives, pustules, and pimples; also for bunyons, corns and warts; and for cuts, sprains, wounds, bruises, swellings, and all skin diseases; also all general inflammations, such as inflam-



mation of the eyes, ears, throat, lungs, kidneys, bladder, hips, thighs, legs and feet, any place but on the stomach, as it would nauseate there, and may nauseate when it is applied to other parts of the body, but not until after it has accomplished its purpose.

#### HOW TO APPLY IT.

Procure *unmanufactured* tobacco leaves, and wet them in warm water, and apply to the place and cover them with three or four thickness of thick cotton cloth, and keep all wet by wetting with warm water, and keep all on from four to twelve hours until all is easy, and all pain and inflammation gone. In applying it to inflamed eyes, the lids should be tightly closed before applying the tobacco. And in cancers, and malignant sores, and poison bites, the tobacco poultice should be renewed every day until all is well.

Fine-cut tobacco or snuff mixed with glycerine and made into a thick poultice, and worn on or over the place, will cure cancer and other malignant gatherings.

Tobacco wetted and laid on the abdomen and pubes of the parturient female, will relax the system, and make delivery easy and quick. But if used excessively by abdominal application might relax the system too much and produce miscarriage. Tobacco is a powerful relaxant as well as anti-septic, and can be made useful in reducing all swellings, and relaxing all contracted muscles and tendons, and beneficial in ankylosis and dislocations. Tobacco is a wonderful remedy for many diseased conditions by external application, but should never be chewed or smoked. Vitapathic physicians will find these lessons on the curative virtues of tobacco worth thousands of dollars, and yet they are here given to them free.

## VITAPATHY STILL PROGRESSIVE.

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NEW SCIENTIFIC DISCOVERIES OF IMMENSE VALUE.

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*Simple, Safe, and Sure Method of Treating Cancer  
in all its stages and conditions.*

In addition to all we have taught on the nature and cure of cancer, and other malignant diseases, in our ample lessons in the great ENCYCLOPEDIA AND FULL VITAPATHIC PRACTICE, and beside all the additions in our *last* Book of Lessons on the HIGHER VITAPATHY, we still add our later and higher discovery of our Special Anti-septic Treatment, that will positively cure cancer in all its stages and conditions, when properly applied and assisted with proper cathartics, diaphoretics, and alteratives, as fully described in the ENCYCLOPEDIA, and in the HIGHER VITAPATHY, including our successful food remedies; but to make success doubly sure and entirely successful we now give our "New Discovery," which is to mix ..... with ..... making a thick paste, then spread on soft leather or cloth and wear it on the cancer or any malignant sore, it will first destroy all germs and malignant growth, then heal and soon prove a painless and certain cure. In open, ulcerating sores, that matter much, the anti-septic plaster may be changed and *renewed* daily. In cancer of the stomach the paste may be made thinner and taken internally; and in

cancer of the uterus, vagina, etc., this anti-septic remedy may be made still thinner and used with a syringe, thus with proper and full attention all cases can be reached and cured; and the practicing physician will find this mode of treatment worth thousands of dollars to him.


AND STILL MORE,

By adding to this anti-septic paste the fluid extract of..... or the same in dry powder, as may suit best, and applied the same as for cancer (with such internal blood remedies as we have previously described), will cure syphilis in all its stages and conditions, and all chancres and syphilitic sores, and blood poisonings from whatever cause.

These "New Discoveries" have cost me much labor and expense, and are in value above price to the practitioner, but are nevertheless all put into the Vitapathic physician without extra cost.

Fraternally, yours,

J. B. CAMPBELL, M. D., V. D.

 In conclusion let me say to all, read carefully our full lessons on How to Breathe, What to Drink, and What and How Much to Eat. Also study the nature and uses of spirit and matter, and the power of vita, with our entire lessons on Long Life! and *Final* Physical Immortality!!

Yours for VITAPATHY AND IMMORTAL LIFE!

JOHN BUNYAN CAMPBELL.

## VITAPATHIC EMBALMING PROCESS.

*A successful method of Preserving all Dead Bodies for all time without mutilation or disfiguration.*

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Decomposition and decay are caused by *perverted* vital action ("vitiating vita"); and to check that wrong action we must use a devitalizing agent that will stop all action and prevent all decomposition and decay, then the substance of the human body will remain indestructible for all time, and will not dry up as Egyptian mummies do, but will remain full in size, perfect in form, and natural in color and appearance.

To do all this we will need to use an anti-septic fluid or gas that will extinguish flame, destroy animal life, kill bacteria, etc., or, in other words, that will check and prevent all wrong or *perverted* vital action.

This anti-septic fluid gas can be made about as follows: Common chalk (carbonate of lime), ten parts; salicylic acid, one part; water, three parts; and hydrochloric acid, one part, all put together in a large, strong bottle or jug with enough of the water and acid solution to cover the chalk. (The bottle need not be more than a quarter full with *all*.)

But *before* making the gas we need a strong airtight metallic coffin with a nozzle in it, and with a glass lid or window in the lid. Then the corpse is to be washed clean and clothed with light,

thin covering and put into the coffin and sealed up air tight all but the nozzle, which must have a tight fitting screw cap (to be put on after the gas is let in), or any way to close it up tight, then we make the anti-septic gas as above described, and force and condense it into the coffin through a rubber tube; then close the nozzle and keep the gas in, and keep it in for weeks or months if needed. The corpse can be seen at any time through the glass lid, and the coffin and its contents may be kept in any part of the house or vault, or may be buried if friends prefer; or the corpse, after being kept in the coffin until it has become carbonated (petrified) from the action of the gas, and has become hard like chalk or marble, may be taken out and stood up like a statue anywhere convenient. Thus generations can preserve their ancestors for all time.

This Vitapathic Anti-septic Embalming Process is far superior to even the best Egyptian embalming, and is a perfect success, and is the *only* method that is successful.

All animal and vegetable substances and foods can be preserved by similar processes, and just enough of the gas may be used to destroy bacteria, etc., and prevent decomposition. Then the substance may be eaten as palatable and healthy food. Meats and all kinds of food should be subject to a few hours' pressure of this anti-septic gas before eaten, then there would be no trichina, spirallis, or other deadly septics; and all fruits and vegetables could be canned and preserved with this gas. All septic diseases, such as erysipelas, small-pox, measles, scarlet fever, and all skin diseases, can be cured with a bath of this gas, so arranged that the patient would not inhale the gas.



## RAISING THE DEAD.

To the unbelievers this seems an impossibility, but to the believing and educated Vitapaths "all things are possible." A few persons have been raised from the dead in different ages of the world, enough to demonstrate that it can be done. Elisha raised the dead boy who had died from sun-stroke, and the account shows how he did it. Jesus raised the widow's dead son and Lazarus, and we do not know how many more. Other dead persons have been raised to life since that time, even down to the present time. There is sufficient power to raise the dead if people would only believe, and use the power; but they do not believe and will not try. There is ample means but they will not learn how and use it. Millions of people might have been raised from the dead before now if skilled physicians had believed and used the power, and the people had believed and assisted them with their belief and concurrence; but all is unbelief and opposition, therefore nothing is done unless it is by *accident*.

## BUT WHAT IS DEATH?

What is it to be dead? I have taught you before the life was in the blood, and into whatever part of the body the blood went there was the most life or heat; if the blood has gone from the vital organs into other parts of the body, then that person dies for want of vitality, and the whole body may die for want of vitality in the vital organs, such as the heart and lungs. Death, therefore, is a want of vitality in the vital organs, and all such persons, though really dead, could be restored to life again. Many persons die from what is called heart disease, which is only vitality having left the heart, but it is real death nevertheless.

But all such can be raised to life again by proper vitalizing treatment applied to the heart. A great many persons die from inflammations and fevers that can be raised to life again by equalizing the life heat and revitalizing the vital organs; a great many people die from fright, and from foul air and gas, chloroform, hanging, drowning, etc., these all can be restored to life by proper vitalizing treatment of the lungs and heart.

#### VITA CAN RAISE THE DEAD.

Vita being double, and composed of spirit and matter both (see Chapter 22 page 283 of the ENCYCLOPEDIA), it can supply life to soul and body both, and can cure and restore, and preserve the life of both, and as soon as the people believe, and the minister-physician learns how and believes, and uses the power, many persons will be "raised from the dead." Persons have been brought to life by accident, some in one way and some in another; the coffin which held the dead body on its way to the grave has been rudely handled, or let fall, and the sudden jar has started and equalized the circulation and restored vitality to the vital organs, and the person has come to life. For instance, a gentleman who died in the far West was being taken East to be buried at his home, when, on the fourth day after his death, while the corpse was on the cars nearing home, there was a terrible collision, the coffin was knocked open and the dead man came to life and crawled out. The sudden shock brought this man to life and virtually raised the dead to life. The rough opening of a coffin in a vault has raised the dead. There have been many other circumstances and occurrences with the same good results. And there are many other ways by which the dead have been

raised; by loud noises, firing of cannon, thunder, etc.; and lightning has been known to vitalize the dead and restore them to life; electricity by galvanic battery or electrical-machine has restored life; human magnetism, by a loving kiss, has raised the dead in many instances; one of which I will relate, as it happened in this city: A lovely young lady sickened and died from over study at a young women's seminary; on the third day after death, and after the friends had gathered, the sermon preached, and the coffin opened for the friends to take a last look at their dead friend, in came a young lady schoolmate, who had just arrived, to attend the funeral of her much loved friend who was now cold in death; the young lady stooped down and pressed her warm, loving lips to those of her dead friend, and kissed her so warm and long and *hard*, and thereby put so much of her own life into the dead body that it revived, and came to life and lived. Spirit power raised the dead by a loving kiss; and thousands might be raised in the same way; and in the same way the sick and dying might be cured. Some dead people had so little of the spirit of life in them before they died that it requires spirit to restore them to life, and that can be applied by the spiritual kiss of a strong spiritual person who has just inhaled an unusually large quantity of spirit from pure vital air, then it must be applied long and hard until the dead body is spiritualized and revived. Some persons have become so emaciated with disease before they die that they need *matter* and spirit both to raise them, and for this purpose vita is the best, and it is best applied as the prophet applied it to the dead boy, which he did with his mouth to the boy's mouth, and his hands to the boy's hands, and his body to the boy's body; and

if both bodies had been naked all the better. That would be "the naked truth," and is the best way to apply vita to the whole body, (I have heard that some doctors cure disease that way on the opposite sex,) or opposite temperaments. And that is the prophetic way. Elisha gave the mother of the boy extra vital treatment or the boy would never have been born. By some or all of the methods mentioned above, and elsewhere, many persons can actually be raised from the dead. When it has been done by accident, and by other means, without knowledge or intention, how much better and more surely can it be done when the power and means are understood, and scientifically applied with intention, purpose, love, and will. All power, all wisdom, all love, and all will, can do all things in earth and heaven; this is an important matter, for there are certainly many persons buried too soon, and no means used to restore them, consequently are dead forever, that might have been brought to life again by proper vital treatment; but this is not done, and the seeming dead are dead forever. How appalling the thought. Then to think how many are hastily buried, and the many that are found months and years afterwards turned over in their coffins, some having pulled out their hair in their agony, some having eaten their own flesh in their hunger; but the subject is too distressing to think of; I can contemplate it no further, but call upon every person to keep their friends as long as possible without burial, and don't pack them in ice, nor try to make death permanent. I call upon all Vitapathic minister-physicians to raise the dead whenever the conditions are favorable; but don't have the unbelieving rabble say, "Oh, the person was not dead, but only lying in a trance, and would have come to life any-

way," as they said when I raised the dead; but the persons were dead to all intents and purposes, and would soon have been buried, then all would have admitted them dead.

#### TRANCE

Is death as far as it goes, and all people who die at all die in a trance and remain in a trance until the body becomes cold. Trance mediums die far enough for their souls to go out of their bodies and go long distances, and see and hear, and know what is going on there, and return again. And if the body should become cold while the soul is out then it cannot get in again, unless some good vital human operator vitalizes and warms, and revives the entranced or dead body into life. Mediums who go in deep and long are very difficult to restore to active life again; but they are restored, and the same means applied a little more effectually will as surely restore the dead to life. Though the soul may have left the body, and the body become cold in death, the soul will willingly come back when the body is warmed and vitalized ready to receive it. Souls want to come back, and that is the reason why so many living bodies are obsessed. You should warm and vitalize the dead body, and make it a fit temple for the soul and it will gladly come back. Apply the vitality to the mouth, lungs, and heart, and through the mouth to all parts of the body with love, desire, and will, then the loved dead will certainly be raised to life; and you have "raised the dead" through the Vitapathic system.

#### DEATH AND THE RESURRECTION.

These words both seem to be misnomers, or at least they express too much. There is no *complete* death, neither is there any *complete* resurrection;



the human being does not die, matter never had any life and cannot die, it only dissolves back to its former *inert* condition. The soul, the only living part of the human, does not die! Therefore there is no death! This dissolved body never forms again (it never has, and of course it never will), therefore there is no *complete* resurrection. Persons come to life by being raised from the dead in the same body that they had before, as I have directed you, but this is not resurrection, for the body has not decomposed, therefore there is no final resurrection of the body, for it never dissolves away and then comes together again. All such hopes are but idle dreams never to be fulfilled; but the fully matured soul, being spirit, is immortal, and never dies, consequently can have no resurrection, only its going out of the old body; but the soul can have two births; it is born first into the material world, with its material body; and then it is born into the spiritual world, with its spiritual or vita body; this is the

#### SECOND BIRTH,

And on such death has no power, but the soul goes on learning, and growing in love, wisdom, and power, and in happiness and glory, forever and ever. There is no such thing as death, and there can be no resurrection; it is the soul that is born and lives forever; it is the soul that becomes wise and strong and prepares itself to live on, and ever on in its own fadeless and deathless immortality! So there is no death in the true sense of the word.

#### TRANSITION.

The soul may leave the body temporarily or permanently, which in either case is transition. When a matured soul leaves the body, though even for a short time for a short visit, as mine has

often done, that is transition. But a higher transition was shown me last night in a vision: At bed time last evening (March 17, 1884, V. D., 14), I had finished writing the preceding lesson on "Raising the Dead" when I went to bed, and at midnight a real tangible vision of transition, and the real spiritual birth took place in me, or I in it; I was on the world's stage and had living beings *in* and *out* of the body for my audience. I addressed them upon Transition and the Higher Birth, to which they gave strict attention, and seemed much edified, and gave expression to their admiration and delight.

#### TRANSITION SCENE.

After the address I sat down in a large arm-chair, and my soul began to ooze out of my body, from heart and brain, and form a smoky, misty cloud above the body, which soon assumed the size and shape of my body, making a complete spiritual counterpart of my body which the audience could see and recognize; I was full formed, and completely developed in consciousness and intelligence, and was fully aware of my changed condition and *transition*, and the audience seemed to fully understand the same. I then, further to convince them of the New Birth, went among the audience and let them feel of me, and see that I was spirit and not matter, which they did, passing their hands and arms *through* me in any direction without let or hinderance, there was no material substance in the way, I was "spirit;" I spoke to them, and called some by name to come and examine me thoroughly, and see that I was only spirit, which they did, and were well satisfied that I was only spirit. I, my soul, a living being outside of my body, could live without the body be-

cause I, the soul, being vital spirit never dies ; but my body being matter was *dead*, as matter never lives without spirit to give it life.

#### RETURN TO THE BODY,

And exemplifying the raising of the dead, which is the only physical resurrection. At my request some strong vital, warm hearted women went to my cold lifeless body, and rubbed and warmed it, and vitalized it with loving kisses, and made it ready for me to enter *in*, which I gladly did, and then I breathed naturally, and soon came to full consciousness and physical life, and found myself in the physical body, and in bed where I *started from*, with the living, disembodied souls all around me, and I hardly knew whether I was in the body or not ; I got up and walked the floor to find out if I had really returned to the physical world, then I heard my clock strike one and knew I was back into physical life, and had been gone less than an hour. I then went to my bed where the loving angels rapped with their well-known sounds around my bed until I went asleep, feeling that I had been through the "Death and Resurrection Scene," and am now here to write the correct statement thereof, and shall always feel conscious of its reality.

#### SPIRITUAL COMMUNION.

As spirit is the only actor and does everything that is done, therefore all communion is spiritual and is natural and possible. Mankind communicates by signs, by words, by writing, by telegraphing, by rapping, by impression, or by some other method ; but by whatever method, it is all done by spirit and is spiritual. Mankind learned the easiest and lowest methods first, and then the higher and more perfect. Mankind are all one

in spiritual nature, whether in or out of the body. Mankind learned to communicate with those who were in their presence first; then to the absent ones by letters by mail; then by a quicker method by telegraph; they soon found that it was perfectly easy to communicate with their friends any distance away, into foreign countries, and across the widest ocean; and they have found out that they can as easily, and as quickly, communicate with their friends in other spheres, even across the ocean of death, so called. Their friends who are gone before still live, and are a part of the human family and are still in the *universe*, and can be communicated with as naturally and as easily as if they were yet in the material body; all that is necessary in any method of communication, or to communicate anywhere, is to learn the method or process by which it can be done best. Communication by mail is more physical. Communication by electricity is more spiritual. Communication by spirit is all spiritual. In telegraphing we have to use some *fine* mechanical instruments; in spirit communion we have to use the *finest* human instruments. In electric telegraphing across the *watery* ocean we have to use very *sensitive* instruments; and so in spiritual telegraphing across the *spiritual* ocean we have to use very sensitive instruments. One process is as natural as the other, and as easily accomplished, but each process must have its own proper instruments; then know how to use them and success will be certain, whatever the method, whether by telegraph or telephone or by medium. Those who wish to communicate must go to a proper instrument that is in good condition and ready, under favorable circumstances to operate, and must comply with the terms and regulations. Then, when all is ready, the

communicator *must* call up the one he wishes to communicate with. As in telephoning so in *spirit-phoning*, or through any kind of mediumship, the power or spirit required *must* be CALLED *up*, and his response or sign that he is there must be had before you can expect success. If the person or spirit is not there, or cannot be found, of course you cannot communicate with him, no matter how perfect the instrument. Here is where most inquirers fail to communicate with their spirit friends, because they do not *specialy* and *individually* call them up (as is done in telephoning). Persons go to mediums in a kind of hap-hazard don't care way, and do not make up their mind and call on *one particular spirit*, but take what comes, and none being called none may come, or, if any do come, it may be some fool of a spirit that don't know or care what to say. Everything must be done right and in order, then you may expect success.

#### MEDIUMS.

Spirit mediums should always have one special control to take full charge of them and conduct all the communications, and see that other spirits do right—then there is order, system, and success. Mediums may have a band or many bands to assist them in different kinds of mediumship, but all must be under the direction of the one controlling guide, then all will be harmony and success.

#### DEVELOPING MEDIUMSHIP.

To make good mediums the applicant must have talent or *sensitive* condition for that occupation, just as persons must have talent for music who wish to succeed in that occupation. Sensitive mediumistic persons can be assisted in develop-



ment by being mesmerized, by which many are made good trance-speaking and clairvoyant mediums. Most all are benefited and assisted to development by sitting in good harmonious circles; many can develop themselves with spirit assistance by the statuvolent process, and especially calling on some special favorite spirit to control them.

#### SELF (SOUL) CONTROL.

The soul is the real person and master of the body, and should control it in every respect, and can and will if it is made strong by additional spirit breathing and development; but the soul itself has to be taught how to use its own wonderful powers. The soul may be compared to a strong horse led by a weak child with a tow string. He, the horse, don't know that he could easily pull loose, jump away, and be free, and do what he pleases. The human soul has unlimited power if it only knew it; indeed all intellectual power is in the human soul, but he has to learn how to use it. It is ignorance that keeps the soul back from using his invincible powers.

#### SOUL-LEARNING.

The soul must learn all about himself and all about the laws and forces of nature, and how to employ them to do all things, and thus be supreme in his unlimited empire. He must know and use his powers to do whatever he will, with or without physical instruments, with or without material body. The soul must realize that he is a personal entity, a real and distinct being, separate from the physical body, and not depending on the body for any of his spiritual powers, but only uses the body as an instrument to express and act out his will.

## SOUL COMMUNION.

Souls, whether in or out of the body, can be *called* to do many things. Souls that are in sympathy with each other (whether in or out of the body) can be called together into sweet communion by one *calling* on the other with a *spiritual CALL*: by one concentrating his soul-thought lovingly and strongly on the other soul, and saying to her “(Jennie), come to me, or meet me somewhere, that we may realize each other’s company and presence and hold sweet communion together, and get, and understand, and *know* each other’s *feelings* and *thoughts* and *sentiments* towards each other—*just as they really are*. May we know just what *is* and what *is to be*. Answer truly, now;” and the answer will come in some way, and be correct, too.

## SELF-CALL,

Or calling self, can be done in nearly the same way. A person can call his own soul by his own name, and say (John), do this, or do that, or whatever you wish to have done that a soul can do. Practice *calling* and *doing*, and the soul will soon learn to use its wonderful power in many ways, and can go to many places and see certain persons by saying: “(John) concentrate all your power and all your thought and all your love force on (Jennie), and go and see her (while your body is lying here at ease, or may be asleep or in a trance), communicate my love to her, and get her true answer in return. Take so much *vita* with you from the finer elements of my body (and draw more from her and others and from all sources), so that you can clothe the soul with a body and make it *visible* to her, as in *spiritual manifestations*, and if she is in good passive condition she will realize

and appreciate my presence, and hear and feel and see me there, and there will be sweet communion between our souls." I know this can be done under favorable circumstances and conditions, for I have experienced it all. I, my soul, has visited and been visited in this way, and both are conscious of these soul visits and soul communion that is cementing our friendship and love more firmly, and which will last through time and eternity.

It is better that the persons communicating should be of opposite temperments, and be acquainted, and on friendly and loving terms with each other; and the more sensitive and mediumistic they are the better, then practice will make perfect. But all will find there is much to learn.

#### WHAT IS YET TO BE.

The above blank is left open to publish in part at least what is yet to be and take place in the human events of my earthly career, and to record the triumphs of love!

## POWER OF GRADUATES.

Every graduate of the American Health College is educated, diplomated, ordained, and licensed to preach the gospel of Vitapathy, to convert the soul, and heal the sick of all manner of diseases, and thereby save soul and body both; and to hold public meetings, and keep private offices for all purposes of their profession.

## MISSIONARY HYMN.

Go, brothers, spread the story,  
And sisters help to roll  
Great Vita's fame and glory  
From Nature's pole to pole.

Go, spread the news to all ;  
Let each sick person know  
That Vita can cure them all,  
And *keep* them here *below*.

Go, heal with Vita's Power  
All sickness, pain, and death ;  
Bring in the immortal hour  
When all shall have new breath.

Go, and baptize all who will,  
With Vita's living breath ;  
Cure them of every ill,  
And save them all from death.

Go, now ; lawfully endowed  
With highest spirit power  
By Men and Angels allowed ;  
In might, go forth this hour.

Public meetings had better be held on Sundays, as most people are idle then, and in the afternoon on Sundays, so that it will not be at a time of day when the churches are holding meetings.

#### A VITAPATHIC MEETING

May be opened by singing any familiar hymn, or reading a poem, such as,

#### HEALTH MISSION.

Health is the greatest earthly boon,  
Where disease and death come so soon.  
With health of body and of soul,  
The years may come and seasons roll

And still we are happy and free,  
And life 's a joy to you and me ;  
With good health we can live and do,  
As we help each other and you.

The means of health have now been found,  
And all can have it the year round.  
The New System of Vital Cure  
Will fullest health to all insure.

Heaven-sent Ministers must preach,  
And earth's skillful Doctors must teach.  
All people must learn how to live,  
And life's richest blessings receive.

Our mission here now is to *you*,  
What will help you most we will do ;  
We come to help and do you good,  
And hope to be *thus* understood.

The blessings of health now come to all,  
Vitapathy cures great and small.  
All who *receive* life's *saving* breath  
Are freed from sickness, pain, and death.

Then the Vitapathic minister may teach the congregation how to pray in *silence*, by standing up and breating in holy spirit from the air *with strong*



*and vigorous breathing*, as the minister shows them how, and he and they continue this prayer breathing, or breathing prayer, for about two minutes; the minister raising his hands when time to commence this strong breathing prayer, and dropping them when it is time to close it. All should breathe and pray in unison, with a strong desire to be filled with spirit, and to be blessed thereby; then the audience may be seated again; when something may be sung that the audience can unite in, or a poem may be read, like

THE



DAWN

The dawn of light and life is here,  
 The kingdom of health is at hand,  
 Better times for all mankind are near,  
 Bringing joy and peace to our land.

The gates of life are open wide,  
 The doors of health are free to all;  
 Knowledge learned and well applied  
 Saves humanity, great and small.

The dawn of health to all is here,  
 The days of pain will soon be gone;  
 The millennium time is near,  
*Now* comes in the glorious morn.

Had I the strength of giant man,  
 And tongue of angels to proclaim  
 The worth of this curative plan,  
 • And tell the wonders of its fame.

I would spend my life for mankind,  
 In teaching my race how to live,  
 And eternity would still find  
 Me willing my whole time to give.

Then the minister may commence speaking on the vast amount of sickness, diseases and death there is in our land, and the suffering, sorrow, and misery produced thereby, and the billions of dollars and the millions of lives lost by expensive and useless and injurious systems of practice, which bring poverty and degradation on the people, and make human life a burden; and people cry out in their agony, and ask, Is there not a better way? "Is there no balm in Gilead?" And they look up through the darkness of superstition with tearful eyes and behold the light coming, and the day dawning; they begin to learn cheaper and safer methods of cure, and better means and methods of living; and hope springs afresh in the human breast, making all mankind rejoice with exceeding great joy, and, like the Israelites when commanded by Moses, they "look and live." Then the minister can unfold to them the exhaustless vital forces of nature, as brought into practical use through and by the Vitapathic system, which all can learn and enjoy, and get cured of disease, and keep well at very small expense, and thereby save many lives and many dollars every year.

What happy times the people would have if they could prevent sickness, and save the enormous sums of money that they have to pay out to keep up the drug doctors, and their expensive systems of practice. If all the money that is paid out needlessly for drug doctors and drug medicines was divided among the poor all would have plenty, and would also have better health. And now, to make matters worse for the people, the medical doctors are becoming so numerous, and arrogant, that they are endeavoring to have laws passed to give *them* the entire monopoly of practice, and COMPEL the people to employ them at their high

prices, and to take their nasty and dangerous drug medicines, while the doctors live in wealth and splendor on the money wrenched from the people ; but now the light appears and the day dawns, and the people are getting their eyes open, and have concluded that forbearance has ceased to be a virtue, and they will bear it no longer. They turn now to nature's true vital curatives, such as vital air, cleansing water, and nutritious food, with the proper use of heat, light, electricity, magnetism, vital spirit, and vita, all of which they can learn to use, and employ in the cure of disease, prevention of sickness, and prolongation of human life, and thus save much suffering, time and expense, and many lives.

#### FOR VITA HAS COME.

Vita will spread where'er the sun  
Does its successive journey run ;  
And heal the sick from shore to shore,  
Till moons shall rise and set no more.

From north and south old doctors come,  
And pay their homage at our home,  
While western nations own its sway,  
And savage tribes are drawn this way.

By Vita can all ills be cured,  
And to all be long life insured.  
Its power extends to ev'rything,  
To all it comes with healing wing.

People, in realms of every tongue,  
Shout its power in sweetest song,  
And infant voices shall proclaim  
The coming glories of its fame.

Vita shall spread to every land,  
And cure disease on every hand ;  
And heal the sick from shore to shore,  
Till men shall live forevermore.

After the minister has presented all this in a proper manner, he may sing or read the poetry on

## SPIRIT.

Spirit is everywhere,  
And is poured out in many ways,  
All people can have a full share,  
For it's free in these latter days.

It's life to the rock and the rose,  
Soul to the sparrow and the bee,  
Its mighty tide forever flows  
Thro' all forms of life—full and free.

It blooms in grass, in weeds, and flowers,  
Thro' every grade of being runs,  
And from nature's radiant towers  
Its glory flames in stars and suns.

We employ this Vital spirit  
With full faith, reverence, and skill,  
Depending upon its merit  
To cure every human ill.

With this, Vitapathy is sure  
To cure disease, and prevent death,  
With it human life will endure  
And *increase* with every breath.

Then he can invite them up to be healed by reading the following

## INVITATION.

Come now all ye sick and sore,  
Come now to life's exhaustless store ;  
All come now and get good health,  
All come now and get more than wealth.

Come now for what's in the air,  
Come now for life and health so fair ;  
All come now and health partake,  
All come now all your pains forsake.

Come now to waters of life,  
 Come now and cease your useless strife ;  
 All come now and leave all pain,  
 All come now and good health attain.

Come now and get richest food,  
 Come now and it will do you good ;  
 All come now all blessings meet,  
 All come now and taste pleasures sweet.

Come now and get vital power,  
 Come now and be cured this hour ;  
 All come now, all death sever,  
 All come now and live for ever.

#### FURTHER DIRECTIONS.

During the whole time of the meeting, whether you are shaking hands or looking, singing, praying, preaching or healing, be sure to throw all the "spirit power" on all persons in your presence. Throw it on by looks and words, and by the *throwing out* motions of the arms and hands. Get the audience as well under your influence and control as possible, so that when you are ready to invite them up to be converted and healed, they will come up willingly and yield readily to your *treatment*.

#### SPECIAL RULES.

In converting persons talk to them *individually* on the subject, and apply vital spirit to them through their organs of veneration and spirituality and hope, by applying your right hand there, and (it is better done by the "Double Process") all the while talking to them encouragingly and *throwing* on the power. In curing persons of any disease a general treatment may be given in the same way as for conversion, only the right hand should be placed on the back of the head



and neck part of the time, as well as on the organ of veneration, etc. When applicants come up (or you go to them) they had better sit down until you are ready to treat them, or penitents may kneel, if they prefer, as they come up, and you can apply the power while they are kneeling or sitting, as the case may be. But when you want them to be happy and shout raise them up on their feet, and you clap your hands and be happy and they will do and be the same. Patients may sit with bare heads until you have applied the power to their organ of vitality at the back of their head and neck, and to their organs of spirituality and hope on the sides of their head, near the top, with your right hand, and you may touch and rub any weak place on them with your right hand; don't touch them with your left hand unless they are hot blooded and positive, then you may touch your left hand to their forehead or to their right hand. Have them rise up on their feet before you finish the cure, and *tell* and *make* them feel well as you do, and make them walk around so as to feel and know that they are well; and if they are lame or weak in any part of the body rub and pat that part with your right hand, and then make them use that part *then* and *there*, so as to bring it into *immediate* and complete use, and that they will know it themselves and be happy. If any come in with crutches or other support make them walk out without them. Make as favorable an impression as possible on the converts and patients and on the audience, and through them to the entire community; and if doctors or interested persons oppose you tell the people that the opposers are afraid that you will cure up all their patients, and they, the dear (?) doctors, will have nothing to do, and that the old foggy poison drug

doctors are like the Ephesians, when Paul preached a better doctrine, they cried out "Great is Diana of the Ephesians." Turn everything to your own benefit. "Be as wise as *sages* and as harmless as doves." And even in the hour of *seeming* danger collect your forces, and by bravery, wisdom, and power turn seeming defeat into a brilliant victory!

When you are through with that Sunday meeting let the people know that, like the Apostle Paul, you preach the Gospel of Life free to all on Sundays, but the expenses of traveling, such as railroad fare, hotel bills, printing circulars, advertising in the papers, rent of hall, etc., have all to be paid by somebody, and, as you give your time, and skill, and powers free, the people should certainly pay the actual expenses, and it would be right to take up a collection for that purpose, and get some prominent ladies and gentlemen to do it, or, if they fail, take up the collection yourself rather than miss it. There is nothing like *pressing* perseverance.

Then, when that is done, you can notify the audience that you treat diseases and teach people how to get well and keep well, and that you will remain a few days or weeks at *your rooms* ..... where you take patients and pupils, single or in classes, to suit, and at prices to suit all. And you may give a lecture to ladies *only* on, say, Monday afternoon, which could be given out at the Sunday meeting, and thus you would get acquainted with many ladies and get many as patients and pupils.

#### INTRODUCING VITAPATHY.

In your lectures and conversations always proclaim the superiority and grandeur and power and success of the great Vitapathic system, in all its

means of cure, without the use of drugs or dangerous treatment; and advise all suitable persons to attend lectures at the American Health College, graduate and go into its practice. Then, when you are done in one town, go to another, and preach and practice the great Vitapathic system, and the spirit of all power will be with you always.

#### IMMORTAL LIFE.

After the human family have obeyed nature, worshiped law, utilized power, controlled the elements, subdued the passions, developed humanity, perfected the race, triumphed over disease, preserved health, prevented decay, and conquered death, they will certainly gain the

#### CROWN OF IMMORTALITY !

The Vitapathic system fully carried out will in time accomplish all, for it has in it the probabilities, possibilities, potencies, and powers to cure disease, prevent sickness, preserve health, perfect humanity, bridge over the river of death, and make the human being immortal. Vitapathy is more than a science, it is a religion that converts the soul, cures the body, and saves both alive together. See my lessons on Vita in preceding pages of this book, and in the great ENCYCLOPEDIA OF NATURE, and also see my lectures and lessons on Immortal Life, in the after part of this book, and see my poetry on Immortality.

#### THE MILLENNIUM

Will surely come when refined human life will last continually, and death will give way to immortal life. Just as certain as mortal life has come, just so certain will immortal life yet come, one is a sure result and concomitant of the other, and each must, *has*, and *will* come in its proper

order and time. The lower order of animal life came first; then the lower human, and now the *higher* human is coming, and will be so high and refined and VITAL with VITA that he will be in a proper condition to live forever. As human beings increase in intelligence and power, as they *will* and *do*, they will be able to employ the higher vital forces of nature to supply all the wants of human and immortal life, and preserve their lives forever. The refining and intellectual processes are going on, and the close observer and intuitive perceptionist can discern it, for the time approaches, the morning of IMMORTALITA DAWNS, and the fully ripe day of perpetual life will come and is near at hand, already the signs appear, and all nature, religion and science are helping it on; all knowledge, and all power are being concentrated there to accomplish nature's grandest and final work. The wheels of time are rolling on, and each successive age does its part. As intelligence increases and the millennium approaches mankind will become more spiritual and less animal, until animal reproduction will cease and no more human beings will be born. This has already commenced, and even now fewer children are being born than formerly; even in the last fifty years all can observe a marked change in this respect, and a great diminution in the number of children born, and in the families of many intelligent people *having* children has practically ceased. *They are already getting ready for the millennium* when there will be no children born; there will be happy matings and love unions in that better time, but no reproduction or increase of the human race. Science will help to produce these happy conditions, and already science is regulating the number of children born; already intelligent people have learned that man and woman

of the same temperament produce no offspring, and even if they are of different temperament so as to make them compatible and viable, they have learned that the more intellectual and spiritual they are the less productive they will be; and they have learned that by keeping apart until the second week after the menstrual period that conditions will be such then as to afford safety, and some have learned too, that by lying with their heads to the north (in our hemisphere) at the time, that there will be no conception; some have learned to use shields, either for the womb, or male organ; others syringe with water *immediately after*; some syringe with a thin solution of water and.....

..... which would be a CERTAIN PREVENTIVE, and is always healthful and beneficial in all respects, *indeed*, the female of any age should use this healthful anti-septic injection at least once a week, and especially just after the menses. Some females have become a little smarter, and though they have neglected *prevention*, take *something* when they find they have *missed*. The Indian squaws used to drink repeated daily doses of very strong tea made from cohosh root, or rattle root, or squaw root as it is commonly called; it is said that the *blue cohosh* is the better kind of squaw root. The negro women of the south use cotton root tea; some take ergot of rye, but it is not safe nor successful; some use ergot of corn—corn smut—*ustilago maidis*, its fluid extract in teaspoonful doses (or even less) in hot water and repeated in a half hour assists full-time labor very much, and is good to bring on labor pains when from exhaustion or otherwise they have ceased; but it would have to be taken in smaller doses for several days to be successful at *other* times. If the solid extract of.....



..... and .....  
 were made into pills and sugar coated would make a pleasant, convenient, and SUCCESSFUL REMEDY; or the Vital Food Globules can be used as an excellent parturient, and promoter of the monthlies. Some go as far as to open the mouth of the womb with a catheter-like probe, but while that might be effectual, none but a skillful physician should be allowed to use instruments for any purpose, and then only when health reasons demanded it.

But in the "good time coming" when intelligence and spirituality rule, and vita controls all things, there will be no need for PREVENTIONS OR PARTURIANTS. There will be no more births and no more deaths among the fully refined and immortalized. Though even after the beginning of the millennium some may die who are not ready to *live*, but some will live and not die, for there will be "a survival of the fittest" in that grand EVOLUTION PERIOD, until finally there will be no more death, and mankind themselves by the uses of the vital forces of nature intelligently applied, as taught in Vitapathy, will bring about this "happy day." All possibilities and powers are in perfected man, and they will surely, by the aid of religion and science, accomplish ALL. And people may just as well commence to prepare for it *now*. Immortality like everything else has to be sought after and obtained, and if people do not believe and work for it how can they expect it. Does mankind want to keep it back and prevent it? Or why don't they work for it and let it come, as it surely will whether they believe or not; but the good can hasten it, and for that purpose the people have to be taught the "science of life," and educated and instructed how to live; this doctrine of immortal life must be fully explained to them so that

they can understand and practice it so as to enjoy its benefits. The people need teachers on this most important of all subjects, and the Vitapathic minister is the only one who can teach it, because he only has learned it, and it is his *duty* to teach it; for that purpose he has been educated, converted, baptised, and ordained, and is fully authorized and commanded to "Preach this Gospel of Life." And, O! Vitapathic brothers and sisters, I CHARGE you by all the forces of nature, physical and spiritual, by all the powers of VITA, and by all the pleasures of health, joys of life, and hopes of immortality, "that you be instant, in season and out of season," in preaching health, life, and immortality to all people everywhere, and thus hasten the millennium day! And I will assist you *always*, for whether present or *absent*, visible or *invisible*, I will be with you still to instruct, guide, and direct, for I live always, and remain your brother in the knowledge and power, and love and holiness, and immortality of VITAPATHY.

JOHN BUNYAN CAMPBELL.

*Presented to Prof. Campbell by the class on the evening of graduation, April 25, 1884:*

We, the students of Vitapathy, just graduated at the Spring Term of the American Health College, express to Prof. J. B. Campbell, M. D., V. D., D. D., the great Founder and Instructor of the heaven-given Vitapathic system, our heartfelt gratitude and fullest love for his stupendous lectures and marvelous instructions in his universal System of Health and Life, for body, soul, and spirit, which he, by his untiring zeal and remarkable skill, has founded and so ably taught, giving to mankind the true System of Life and Health. May he ever succeed, even beyond his brightest expectations. We rejoice and exclaim, "Eureka, Eureka, Virtus Scientia et Amicitia" Vitapathy, now and forever.

J. E. STEERS, V. D.

H. L. MILLER, V. D.

F. H. BOCKRATH, V. D.

H. SEARCEY, V. D.

JOHN B. MILLER, V. D.

JOHN P. HOBBS, V. D.

N. S. CROSSLEY, V. D.

F. L. FLETCHER, V. D.

J. W. FLETCHER, M. D., V. D.

ANNIVERSARY CELEBRATION AT THE AMERICAN  
HEALTH COLLEGE, CINCINNATI, OHIO.

*Editor of Mind and Matter:*

Please inform the many readers of your paper that the 35th anniversary of Modern Spiritualism was appropriately and spiritedly celebrated at the American Health College in this city, on the evening of the 31st of March, 1883, by the students in attendance at its spring session of lectures, from different States of the Union.

Dr. S. Rohwer, of Telluride, Colorado, was selected Charman, and Dr. S. S. Cook, of Cincinnati, Secretary. After the selection of officers, Prof. J. B. Campbell, President of the College, was called upon for the opening address of the evening, to which he readily responded in his usual animated and cheerful manner, by referring to the analogies of Ancient and Modern Spiritualism, and particularly detailing in a graphic and lucid manner the commencement of the manifestations, by raps, in the Fox family, at Hydesville, New York, on the evening of the 31st of March, 1848, just thirty-five years from this present date, and which anniversary we now celebrate. Prof. Campbell also produced a pamphlet, published by him thirty-two years ago, and read from its pages many very interesting items, showing the evidences and progress of Spiritualism up to that time, and also stated that he published the first pamphlet, and gave the first public lecture on the subject ever delivered

west of the Alleghany Mountains. The Professor further explained the wonderful spread and great success of Spiritualism, since that date, and the good it was doing, and predicted still greater success for it in the coming future.

Dr. S. S. Cook, an experienced and very successful physician, of several different medical schools, a graduate of Vitapathy, made some spirited and appropriate remarks well suited to the occasion.

Then followed Dr. John B. Wells, of Missouri, a member of the class, in a well timed speech. After him other students from other States made short speeches, and all seemed very hopeful of the future.

Dr. Rohwer, the worthy Chairman, made the closing speech, telling of the development of media in his far off home; after which the meeting adjourned, with three cheers for Spiritualism, and one big extra cheer for Vitapathy and the American Health College, at the same time requesting all progressive papers to please publish the account of this anniversary.

S. ROHWER, M. D., V. D., *Chairman.*

S. S. COOK, M. D., V. D., *Secretary.*



## — NOTICE. —

Since the publication of our Books of Printed Lessons and Verbal Lectures much has been added to the already great Vitapathic System, in the way of higher lessons, such as

- A Clearer Knowledge and Better Uses of the Laws and Forces of Nature ;
- A Higher Conception of Spirit Power ;
- A Higher Development of the Human Soul ;
- A Better Knowledge of the Human Organization ;
- A Clearer Reading of all its Diseased Conditions ;
- Higher Methods of Preventing and Curing Disease ;
- Higher Teachings and Fuller Powers for all Humanity ;
- Higher Religious Training and Elevation ;
- Higher Intellectual and Spiritual Conversion ;
- Higher Spiritual Baptism ;
- Higher Vitapathic Sacrament ;
- Higher Ministerial Ordination ;
- Higher Special Endowments ; and
- Higher Legal and Spiritual Powers,

For all faithful graduates of the Vitapathic System, fully qualifying and authorizing them to do all that Vitapathic Minister-Physicians are taught and authorized to do, according to the Principles, Tenets, and Charter of the great Vitapathic System of Health and Life, for soul and body.

To Preach the Gospel of Life, Instruct the Ignorant, Comfort the Distressed, Cheer the Broken-hearted, set the Captive Free, Commune with Angels, Receive highest Inspiration, Develop all Human Powers of Soul and Body,

HEAL THE SICK,	Cast out Devils,
Restore Life,	Raise the Dead !

Perpetuate Existence, and make Human Life Immortal!!

The whole Vitapathic System is *now* IMMENSE, yet these higher Rites, Ceremonies, and Spiritual Endowments, which are so grand and convey so much knowledge and power, are all added at the close of a full course of instruction in the American Health College, Fairmount, Cincinnati, Ohio.

**There is but One Power in Universal Nature,  
The Real Providence and Only DEITY.  
HIGHER THAN ALL ELSE BESIDE.**

---

For a long lifetime I have been advocating and teaching that there is but *one* POWER in all universal nature, that *is* and does every thing that is done, and does it through established and *unchanging* natural law, yet ever *progressive* in its own unfoldments, and ever working out its own ultimate perfections.

This only power, working through its own conditions, produces all forms, all organizations, and all living beings, from Atoms, Rocks, Trees, Insects, Animals, Humans, Angels, Lords and Gods, and gives *each* Form, Size, Shape, Organization, Motion, Sensation, Instinct, Reason, Intelligence, Immortality and Power according to the fineness and completeness of the organization, and its receptivity and capacity to receive, hold, and use this only power; and whether this power is manifested through Wind or Water, or through Steam or Electricity, or through Magnetism or Spirit, it is the same and *only* power. And whether it be

employed by Animals or Humans, by Spirit or Angels, by Lords or Gods, it is still the one and *only* Infinite and Supreme Power, that produces all Forms, preserves all Life, gives all Intelligence and all Immortality. This one *only* and exhaustless power is the same, whether it be employed by Religionist or Scientist, and whether it be called Paganism or Christianity, Mesmerism or Wesleyism, Mormonism or Spiritism. It is still the same one and only power, though under different Names and through different Forms and Manifestations; and whether it be employed by good or bad persons, Men or Brutes, Angels or Imps, Gods or Devils, it is the one and only power; *and there is none other*. It is the one and only power employed to convert the Soul and heal the Body, and to do everything that is done, *for there is no power but it*. It has been employed in all ages by Pagans and Christians, by Seers and Prophets, by Priests and Healers, and without their knowing what it is, or what to do with it. But now, after many years spent in exploring the Universe, and sounding the depths of Nature, I have discovered this true and only power, and learned its Source, Nature, and Use. In short, I have

discovered the real Vital Principle of Life, the First Cause, the Primordial Essence, the only Absolute, Omnipotent, Omnipresent, All-mighty and Eternal Power,—the Vital Protoplasm—the Real Spiritual-Material, Vis Medicatrix Naturæ—Positive and Negative Force—the Male and Female Principle—the All-Father and All-Mother in Universal Nature—the Real Power—the Progressive Intelligence—the Universal IMPERSONALITY, the only True DEITY! Higher than all Form, or Shape, or Being, or Individuality, or Personality,—the Real Living VITA, the True Principle of Life, that produces and preserves all things;—the source of all Being, all Power, all Intelligence, and all Immortality!! Which is in all forms and organizations in proportion to the quantity received and used, and is manifested in everything accordingly. It Flashes in Air, Sparkles in Minerals, Blooms in Vegetables, Feels in Animals,—Reasons in Humans,—Refines in Souls,—Progresses in Angels,—Matures in Lords,—and Ultimates in Gods, and is itself greater than all. It makes Atoms, Rocks, Trees, Animals, Humans, Souls, Angels, Lords and Gods what they are. And none of these or anything else

could be without VITA ; and the more all have of it the better. To breathe and absorb Vita is our highest prayer, and to increase and develop all our Faculties with it, and to do good to all is our highest religion. This we Believe, and Know, and Preach, and Practice through the Vitapathic System, which is for all People in all Worlds and Heavens.

What Vita is, where it comes from, and how to get it, and how to employ it in Converting Souls and in Healing Bodies, and to do whatever we wish with it, make ourselves powerful,—Control the Elements, Prevent Disease, Conquer Death, and Live Forever—Soul and Body—complete in all our parts and powers, I have taught you pretty fully in the *great* ENCYCLOPEDIA OF NATURE AND FULL VITAPATHIC PRACTICE, and now further teach you in my grander lessons in THE HIGHER VITAPATHY, which will lead all true Vitapaths to the truth as it in VITA.

Yours, for endless progression,

JOHN BUNYAN CAMPBELL.

NOTE.—All Angels, Lords and Gods were once like ourselves Men in the flesh and developed up through the Power of Vita to be what they are ; and what they have done we may do.



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FOR VITAPATHIC GRADUATES *ONLY*.

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## THE HIGHER MINISTRY.

Vitapathic Minister-Physicians are Educated, Converted, Baptized Ordained, Commissioned, and Authorized to Preach the Gospel of Life everywhere. And to Heal the Sick of all Diseases of Body and Soul. And O ! Vitapathic Brothers and Sisters, I CHARGE you by all the Forces of Nature, Physical and Spiritual, by all the Powers of VITA, and by all the Pleasures of Health, Joys of Life, and Hopes of Immortality, that you be Instant in Season and out of Season in Preaching this Glorious Doctrine, and Sure Means of Health and Happiness to All, and thus Hasten the Millennium Day ; and I will assist you always. For whether present or *absent*, visible or *invisible*, I will be with you still, to instruct and guide and direct. For I Live Always. and remain your Brother in the Knowledge, and Power, and Love, and Holiness, and Immortality of Vitapathy, (VITA) Amen.

JOHN BUNYAN CAMPBELL.

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## PUBLISHER'S STATEMENT.

I have known Dr. J. B. Campbell for twenty-seven years, have done business with him nearly every week during all that time. Know him to be an eminent teacher and skillful physician, and strictly honest in all his dealings. I printed his great "ENCYCLOPEDIA OF NATURE AND FULL VITAPATHIC PRACTICE," his Books of Special Lessons on the Vitapathic System and all his other works. Have read them carefully, and must say that the knowledge they impart on health and life is all important to physicians as well as to the people. His new book, "THE HIGHER VITAPATHY," is for advanced students and graduates in the Vitapathic System of Practice, and contains valuable instruction in the application of Vita and the powers of the mind or soul in the cure of disease, both physical and mental, and should be studied by ministers as well as physicians, and by all who desire to do good to their fellow-man.

His system of teaching combines the qualifying of students for minister as well as physician, which is a new and valuable accessory to Health Practice.

The doctor is an original thinker, a logical reasoner, and a successful discoverer and inventor, and his teachings can not but be of immense value to all who study his books and attend his college.

H. WATKIN,

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